

ALBERT R. MANN
LIBRARY
CORNELL UNIV.

ALBERT R. MANN
LIBRARY

NEW YORK STATE COLLEGES
OF
AGRICULTURE AND HOME ECONOMICS



AT
CORNELL UNIVERSITY

Cornell University Library
TX 715.K16

A Kansas cook-book for Kansas cooks.



3 1924 003 582 230

mann



Cornell University
Library

The original of this book is in
the Cornell University Library.

There are no known copyright restrictions in
the United States on the use of the text.

<http://www.archive.org/details/cu31924003582230>

[COPYRIGHTED.]

THIS BOOK
IS DEDICATED TO
THE
GIRLS WHO ARE
FIRST IN WAR, FIRST IN PEACE,
FIRST IN THE HEARTS OF THEIR COUNTRYMEN,
THE GIRLS OF SUNNY KANSAS.

*“All the world is on a still hunt for a
good square meal three times a day.”*



PROFESSOR MINNIE A. STONER

PROFESSOR MINNIE A. STONER.

The legislature of 1896-'97 made the long-delayed appropriation for the girls' department of the Kansas Agricultural College, and the fall of '97 saw the untiring efforts of Mrs. Kedzie rewarded when Domestic Science Hall—Kedzie Hall in the hearts of the girls—was built. Thus was it possible for the work to grow as it never could have done under the hampered condition of the past.

The political upheaval of the spring of '97 left college affairs in a state of confusion nowhere greater than in the household economics department.

Prof. Helen Campbell, of literary fame, a woman of charming personality, was elected to the chair of Household Economy, but owing to poor health resigned before the close of the year, and the work fell to assistants. Naturally the chaotic state increased, and at the close of the year the Regents realized the necessity of great care in their selection, to secure an instructor who would be master of the situation. The wisdom of their choice of Prof. Minnie A. Stoner has been fully indicated by the rapid progress this department has made under her guidance.

Miss Stoner, a native of Indiana, is a typical woman of the West in her broad outlook of life, her energy and industry, and her zeal for her chosen profession. With these characteristics, she brings thorough training and wide experience. She is a graduate of the South Dakota Agricultural College and of the Boston Normal School of Household Arts. For two years before coming to Manhattan Miss Stoner held the position of professor of Domestic Art and superintendent of the home department of the University of Tennessee. From this institution came words of strongest approval: "We approve and commend her work—fully qualified and equipped for her work—an earnest and sincere worker, an intelligent student, a firm and strong character and a true woman." To come in contact with a strong, true character is helpful and inspiring. Students under the instruc-

tion of such a woman unconsciously answer to her high ideals, and are aroused to greater exertion and inspiration. To know her is in itself an education.

Miss Stoner is known in the lecture field, having given demonstration lectures in the cities of the South and at various Chautauquas.

The first year of her work in the K. S. A. C. was in general what it had been before: teaching cooking as an industrial, and some special classes of seniors, postgraduates, and some of the ladies resident of Manhattan. But the increased facilities gave greater scope for expansion than had been possible before, and Miss Stoner, ever ready to use her opportunities, had the pleasure of seeing her work recognized as a regular collegiate course. Thus, from being an industrial, looked upon askance by the public, Domestic Science has advanced to the dignity of a four-years' course in college. The regular work is two years of laboratory in the third and fourth years, which is preceded by a year of chemistry, and an elementary knowledge of physics, both of which are necessary to an intelligent understanding of cooking as a science. The training which enables a woman to go from a class in mathematics, history, or literature, into the kitchen laboratory and prepare a dainty, nutritious meal, bringing to bear the same intelligent attention as to her other classes, we believe bids fair to solve the vexed question of "the benefits of a college education for women."

The Domestic Science Short Course, introduced last year, is proving to be very popular, and many girls and women to whom a college course is impossible are taking advantage of help offered them in these two terms' work.

With the exception of the chapter on "Favorite Recipes," the recipes in this book have been corrected and approved by Miss Stoner, who is always ready to lend a helping hand to the student.

M. M.



PROFESSOR NELLIE S. KEDZIE.

PROFESSOR NELLIE S. KEDZIE.

Could one glance into the Book of Human Destiny, we fancy that opposite certain names would be seen entries similar to the following:

"This man has capacity for work of great good to his fellow men, when developed by suffering and disappointment."

"This woman has character and talents fitted to bless far greater numbers than can be reached in the path that she has chosen for herself—her environment must be changed."

The latter sentiment appropriately applies to Mrs. Nellie Sawyer Kedzie, who for fifteen years so successfully presided over the department of Household Economy in the Kansas Agricultural College. Possessing an intense love of home and high ideals of what a true home should be, she was peculiarly qualified to teach the subjects pertaining to domestic life.

After her own home was disorganized at the inexorable call of Death, and she was tendered the chair of Household Economy, she lavishly devoted her strength and time and talents to the college girls in the many ways in which young women need "mothering" when among strangers away from home.

The boys, also, felt her kindly and helpful influence in no small degree.

Maine is Mrs. Kedzie's native state, and there on a farm the earlier years of her childhood were passed. In 1870 her family moved to Ottawa, Kans. Her education was begun in the country schools and continued in a private school in Ottawa. Later she attended the Kansas Agricultural College for two years, and was graduated with the class of 1876. The succeeding five years were spent in teaching—one in the country, and four in the city schools. She married Robert F. Kedzie, professor of chemistry in the Mississippi Agricultural College. After his death, Mrs. Kedzie returned to Kansas, and at the opening of the college year in

September, 1882, began her professional work at Alma Mater. For the first two years both the sewing and the cooking were under her instructions, but in 1884 the work was divided and the sewing was put in charge of Mrs. E. E. Winchip. In 1887 she was made Professor of Household Economy and Hygiene.

The department was in its infancy and many difficulties had to be faced. A favorable public sentiment had to be created and fostered. The quarters were but poorly adapted to its needs, and were insufficiently lighted. The equipment did not keep pace with the ever enlarging number and wants. The dairy room and laboratory were on a floor below the office and class room, which greatly increased the exertions of the instructor. But, by the exercise of such sterling qualities as Yankee "gumption," perseverance, adaptability, and a sunny temperament, Mrs. Kedzie managed to keep the girls profitably employed, and to infuse cheerfulness and enthusiasm into the work.

The lectures in hygiene were given by her. The required course in cooking, with a small amount of dairy practice extended through two terms of the second year. As an industrial, cooking was open to the girls of the third and fourth years, and very frequently elected. The post graduate girls had their regular course in this art.

It may be mentioned that much of the work in those years was designedly performed under conditions approaching those of the average home, to teach the girls to obtain excellent results with the equipment commonly available to them.

The general range of cooking was well covered. Attention was given to plain, substantial, and fancy cooking, under the usual groups, of Breads, Meats, Vegetables, Salads, Cakes, Pastry, and Confectionery. Adequate instruction was given in cooking for the sick, and a due proportion of time spent on canning, preserving and pickling.

Demonstration lectures were given by the instructor and some of the girls in advanced work. In all classes, the lectures and recipes were taken down, and copied for a permanent reference book.

The proper serving of meals was taught by actual practice in the faculty dinner each week (at which one of the girls presided and carved), student lunches and receptions, and the ban-

quet prepared each term for the regents, members of the faculty and their wives.

Many, when they became acquainted with the work, wondered that so much was accomplished in so short a time.

The display at the World's Fair, Chicago, of edibles prepared under her instruction elicited praise and favorable comment from competent judges.

Mrs. Kedzie spent many of her vacations visiting other institutions with similar departments and was ever on the alert for new suggestions for her work. Some time was spent one summer at the Kensington cooking-school in England.

During Mrs. Kedzie's incumbency the history of the department is one of continuous growth in numbers, influence and efficiency, and the number of successful teachers of Domestic Economy who have gone out from her classes attests the value of their training.

After the radical changes in the faculty in the spring of 1897, Mrs. Kedzie resigned her position and accepted a similar one in Bradley Institute, Peoria, Ill. In addition to her regular work in this institution, she now gives weekly lectures in Purdue University, Indiana, and is frequently called to lecture at Farmers' Institutes. Her sphere of influence has continually broadened, and honors have come to her in every field of endeavor.

The esteem of a host of friends, and the love and respect of the great company of young women for whom she has labored so zealously, is richly merited.

LYDIA G. WILLARD.

It shall be woman's office to move in the midst of practical affairs and to gild them all, even the homeliest,—be it the scouring of pots or of kettles,—with an atmosphere of love and joy. —Hawthorne.

The true lady should be a princess, a washerwoman,—yes, a washerwoman! to see that all is fair and clean, to wash with water, to cleanse and purify wherever she goes, to set disordered things in orderly array,—this was woman's mission. —Ruskin.

What does good cooking mean? It means the knowledge of Media, and of Circe, and of Calypso, and Helen, and the Queen of Sheba. It means the knowledge of all fruits, and herbs, and balms, and spices, and of all that is healing and sweet in fields and groves, and savory in meat. It means carefulness, and inventiveness, and watchfulness, and willingness, and readiness of appliances. It means the economy of your great grandmother, and the knowledge of modern chemists. It means much tasting and no wasting. It means English thoroughness, and French art, and Arabian hospitality, and it means, in fine, that you are to be perfectly and always ladies,—loaf-givers,—and that you are to see that everybody has something nice to eat. —Ruskin.

CEREALS.

"Take the good the gods provide."

Cereals are the cultivated grasses yielding grains or seeds that may be used as food. They contain much starch, some protein matter and a very small per cent of fat. Thus the principle of cookery involved is the principle of the cookery of starch, which must be cooked at a temperature of 212° F., which is the temperature of boiling water. The cereals are used for breakfast foods, and the grains are either crushed, coarsely ground or finely ground.

To prepare cereals for cooking look over carefully, remove any foreign material, and wash if necessary.

Recipe:—1 c. cereal,
2½ or 3 c. water,
1 tsp. salt.

The best method is to use the double-boiler for grains. Place the water and salt in the upper part of the double-boiler. Add the cereal and cook with the cover on and without stirring until ready to serve. The length of time for cooking depends upon the cereal used.

Finely ground grains 1 hour.

Crushed grains 1½ to 2 hours.

Cracked grains 3 to 5 hours.

Whole grains 8 hours.

If the cereal is cooked directly over the fire it may cook more quickly, but requires constant stirring to prevent scorching.

CEREAL WITH PRESERVES.

Drain the syrup from one cup of preserves. Place a layer of hot, freshly cooked cereal in the bottom of a serving dish. Cover with a layer of preserves. Fill the dish with the remainder of the cereal and decorate the top with preserves. Serve hot or cold, as preferred, with the syrup from the fruit as a sauce. If served hot the syrup may be heated also.

This makes a pleasant variation from plain breakfast food with cream and sugar.

CEREAL WITH DRY PEACHES.

Wash and soak one-half dozen large dried peaches. Stew until tender in 1½ c. water and ½ c. sugar. When done place

each one of the peaches in the bottom of a cup which has been previously rinsed in cold water and not dried. Fill the cup about $\frac{3}{8}$ full with freshly cooked cereal, and chill. When cold turn out on the individual oat-meal dishes and serve with the syrup from the stewed fruit. Dried prunes, apricots or pears may be used instead of peaches. If prunes are used they should be seeded.

CEREAL WITH DATES.

Fill a serving dish with alternate layers of cereal and chopped dates. Have a layer of dates on top. Serve either hot or cold with cream and sugar. Figs may be used for this also.

CEREAL WITH BANANAS.

Fill a serving dish with alternate layers of cereal and thinly sliced bananas. Sprinkle each layer with powdered sugar. Serve at once, with cream or milk. Fresh or canned peaches, fresh strawberries, raspberries or blackberries may be used in place of bananas. Stewed blackberries may be used also. If an acid fruit is used do not serve with cream.

SAUTE OF CEREAL.

Steam left-over of cereal until soft, and turn into a dish to mold. The left-overs may be all of one kind or of several kinds. When cold turn out and cut in slices $\frac{1}{2}$ inch thick. Roll in sifted bread or cracker crumbs and brown in a little hot fat in a griddle or skillet. Serve hot with fruit syrup or brown sugar syrup.

Note.— Either the oat-meals or wheat foods may be used for the above recipes.

MARY BLY PRITNER.

VEGETABLES.

*"See dying vegetables life sustain,
See life dissolving vegetate again;
All forms that perish other forms supply;
(By turns we catch the vital breath and die.)"*

GENERAL RULES.

First, thoroughly wash the vegetables in cold water, either with your hand, a cloth, or with a vegetable brush. Then peel or scrape, keeping them in cold water but a short time, until ready to be cooked. This keeps them fresh and crisp and also keeps them from discoloring. If the vegetable discolors easily, 1 tbsp. vinegar put into 1 c. of water in which they are rinsed will prevent it.

Vegetables are usually cooked in boiling salted water, using 1 tsp. salt to 1 qt. water, and it should be boiling throughout the process. The objective point in the cookery of vegetables is not to overcook, and not to undercook. To overcook vegetables gives them a dark color, and also makes them indigestible. From 20 to 30 minutes is the usual time required for their cookery. Fresh vegetables, young vegetables, and those that have grown quickly will cook better and in a shorter time than those grown in a dry season.

If vegetables are cooked with the cover partially off, they keep their color better and have a more delicate flavor. Blanching vegetables gives them a more delicate color and flavor. This is done by parboiling them for 5 or 10 minutes, then drain off the water and pour over them fresh boiling water, and continue their cooking with the seasoning until tender.

Vegetables should be served hot unless they have been prepared for a salad.

MASHED POTATOES.

To 1 pt. hot boiled potatoes, cooked according to the general rules, use $\frac{1}{2}$ tsp. salt, spk. white pepper, 1 tbsp. butter, and moisten with hot milk or cream.

When the potatoes are tender, drain off the water, remove the cover, and let the steam escape. Then mash and beat well. Add the seasoning and enough hot milk or cream to make them light and creamy. Add the butter, and beat them again. Turn into a hot vegetable dish. Do not smooth them down, as it makes them hard and soggy.

LYONNAISE POTATOES.

Cut. 1 pt. cold boiled potatoes into dice, add $\frac{1}{2}$ tsp. salt and 1 spk. white pepper. Brown 1 tbsp. minced onion in 1 tbsp. butter; then add the potatoes, and lift gently with 2 forks until they have absorbed all the butter. When taken from the stove, add 1 tbsp. chopped parsley. Serve hot.

SCALLOPED POTATOES.

1 qt. sliced potatoes, $\frac{1}{2}$ c. bread crumbs, 1 tbsp. butter, 1 tsp. salt, $\frac{1}{4}$ tsp. white pepper, 3 c. milk.

Prepare the potatoes according to the general rules; then slice very thin and put them in boiling water 5 minutes. Butter a baking dish and place in the bottom a layer of sliced potatoes. Sprinkle with salt, pepper, and cracker crumbs, and dot with bits of butter. Then arrange another layer of potatoes, and sprinkle with seasoning and crumbs, and dot with bits of butter. Continue this, until all the materials are used, reserving a generous layer of crumbs for the top. Pour the milk over this, and bake in a hot oven about $\frac{1}{2}$ hour.

BAKED POTATOES AND CHEESE.

Scrub the vegetables thoroughly with a vegetable brush. Cut off one end, oil the skin slightly, and put in the oven to bake. When tender, take them from the oven and remove the pulp carefully, without breaking the skin. To 1 cup potato pulp, use 1 rounding tbsp. cheese, 1 level tbsp. butter, 1 tsp. salt, $\frac{1}{4}$ tsp. white pepper, and 2 tbsp. hot milk. Cream all thoroughly, and fill the cases. Then put them in the oven to slightly brown the tops and heat the potatoes through.

SARATOGA CHIPS.

Prepare the potatoes according to the general rules. Cut into very thin slices, with a salad cutter. Dry between cloths. Fry in a bath of smoking hot fat. Then sprinkle slightly with salt. They may be served either hot or cold.

FRENCH FRIED SWEET POTATOES.

Prepare the potatoes according to the general rules. Then slice very fine, or cut in cubes or prisms. Dry between cloths. Then fry in a bath of smoking hot fat. Sprinkle with powdered sugar.

SCALLOPED SWEET POTATOES.

2 c. sliced sweet potatoes, 2 tsp. butter, 1 tsp. sugar, $\frac{1}{3}$ c. milk.

Prepare the potatoes according to the general rules. Then

put in boiling water 5 minutes. Arrange in layers in a buttered baking dish. Sprinkle each layer with sugar, and dot with bits of butter. Then add just milk enough so they will not float. Bake in a hot oven about $\frac{1}{2}$ hour.

CREAM OF CAULIFLOWER.

Separate the cauliflower into small bunches, removing the green leaves and woody stems. Then soak in salt water $\frac{1}{2}$ hour. Cook according to the general rules for vegetables. Drain and serve with a white sauce. Pour the white sauce over the cauliflower, and marinate, using 2 forks.

White Sauce.—1 tbsp. flour, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, 1 c. hot milk.

Melt the butter until it foams, blend in the flour and seasonings, add the hot milk a little at a time until all is added, boil 10 m. stirring constantly. If it is lumpy it should be strained.

TURNIPS A LA CREME.

Prepare the turnips according to the general rules for vegetables. Cut into $\frac{1}{2}$ inch cubes and cook until tender. Drain, and place them in a vegetable dish and marinate with cream sauce.

3 level tbsp. butter, 1 tbsp. flour, $\frac{1}{2}$ tsp. salt, 1 c. milk, spk. cayenne.

Make like white sauce. This is enough for 2 c. turnips.

CREAM OF CELERY.

Same as cream of cauliflower.

CREAMED CABBAGE.

Same as cream of celery.

CREAMED PEAS.

Same as cream of celery.

CREAMED BEANS.

Same as cream of celery, but use the vegetable stock, instead of milk for the sauce.

CORN CHOWDER.

1 can corn, 1 pt. diced potatoes, 1 tsp. salt, $\frac{1}{4}$ tsp. white pepper, 3 level tbsp. butter, 2 tbsp. flour, 1 pt. milk, 1 pt. croutons, 2 hard cooked eggs.

Prepare the potatoes according to general rules and blanch for 15 minutes. Flush the corn with 1 cup cold water. Then add

the corn to the potatoes and cook 5 minutes longer. Add seasoning. Make a white sauce of the butter, flour and milk, and add it to the corn and potatoes. Cook 5 minutes longer. Just before serving, add the hard cooked eggs. Cut the whites in fine dice and rub the yolks through a sieve. Serve with croutons.

PEA PUREE.

$\frac{1}{2}$ can peas, $\frac{1}{2}$ c. water, 1 tsp. butter, 1 tsp. flour, $1\frac{1}{2}$ c. milk.

Cook the peas in the water until tender. Then rub them through a sieve. Make a white sauce of the remaining ingredients. Add the peas to the white sauce. Serve with crisp crackers.

TOMATO SCALLOP.

10 large tomatoes, 1 c. bread or cracker crumbs, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, 1 tbsp. butter, 2 tbsp. sugar.

Butter a baking dish and place in the bottom a layer of crumbs. Then arrange a layer of sliced tomatoes, and sprinkle with salt, pepper, sugar and crumbs. Dot with bits of butter. Then put in another layer of tomatoes and add the seasoning and crumbs. Continue until the materials are used. Reserve a generous layer of crumbs for the top. Bake covered until it bubbles. Then remove the cover and allow the top to brown.

STEWED TOMATOES.

To 1 qt. tomatoes use 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, 1 tbsp. butter, 2 tbsp. sugar, and 1 c. sifted cracker crumbs. Put on the stove and cook for about $\frac{1}{2}$ hour. Serve hot.

ASPARAGUS, FRENCH STYLE.

Remove the woody ends of the asparagus, and prepare and cook according to the general rules for vegetables. Cook in two waters, adding 1 tbsp. vinegar to 1 qt. water (in last cooking). When tender, drain off the water, and arrange in a vegetable dish. Pour over it the following sauce:

2 tbsp. butter, 2 c. cream, $\frac{1}{4}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper.

Make as you would white sauce. This is sufficient for about 3 bunches asparagus.

ASPARAGUS ON TOAST.

Prepare the toast by first drying it in the oven, and then browning it. Dip it quickly into $\frac{1}{2}$ c. hot water, to which $\frac{1}{2}$ tsp. salt has been added. Prepare and cook the asparagus according to general rules. Cut off the heads, and lay them on the toast. Then pour over it a white sauce made with asparagus stock instead of milk.

POTATO PUFF.

Make 1 pt. of cold mashed potatoes quite moist with milk. Beat the yolks and whites of 2 eggs separately. Stir the yolks and $\frac{1}{2}$ tsp. salt into the potato and fold in the whites last. Turn into a shallow baking dish that has been oiled, and bake 5 or 10 minutes. $\frac{1}{2}$ c. finely chopped cooked meat of any kind may be added before the whites of eggs. This makes a rich puff.

STUFFED POTATOES.

1 pt. baked potato pulp from freshly baked potatoes, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ c. hot milk. Mash the pulp fine (after carefully removing it from the potato skins) and add the milk and seasonings. Fill the cases with the mixture and return to the oven for 5 minutes. The end of the potato should be cut off before baking so that it will stand up well.

CORN FRITTERS.

1 c. corn chopped fine, 2 eggs, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, 4 tbsp. flour, 1 tsp. baking powder, milk to make a stiff batter.

Beat the yolks to a cream, add the corn and blend in the dry ingredients. Fold in the whites of eggs last. Drop bits of the dough into smoking hot fat and fry as you would doughnuts, or brown in a skillet which has been oiled with a teaspoon of butter or lard.

SALSIFY FRITTERS.

Scrape the salsify roots and split lengthwise, cook in boiling salted water until tender or for about $1\frac{1}{2}$ hours. Drain and roll in fritter batter (see Baking Powder Mixtures) and fry in hot fat.

ANNA C. PFURTZE.

EGGS.

"There is a right way to do everything — even to boil an egg."

The egg is an albuminous food, and should be cooked at a temperature of from 160° to 180° F. Eggs should never be boiled.

EGGS COOKED IN WATER.

Pour boiling water into a cold sauce pan. Place the eggs in this and move to the back of the stove or place in a warming oven to cook and keep tightly covered. For soft eggs cook 3 to 5 or 8 minutes. For medium 10 to 12 or 15 minutes. For hard eggs cook 30 minutes.

Eggs cooked in this way are far more digestible than when boiled. By pouring the boiling water into the cold sauce pan it is cooled to about the right temperature. Be sure that the water remains below the boiling point after placing the eggs to cook.

POACHED EGGS.

Pour boiling water into a cold sauce pan. For a quart of water add 1 tsp. salt. Place on the back of the stove where it is just below the boiling point. Break the eggs carefully into a saucer and place in the hot water one at a time. Cover the sauce pan and cook 2 minutes. Remove the eggs onto a hot platter. For six eggs melt 1 tbsp. butter in an omelet pan and when the butter is foamy add 2 tbsp. fine cracker crumbs and blend thoroughly. Place some of the buttered crumbs on the top of each egg. Dust the eggs very lightly with white pepper. Garnish with parsley and serve hot.

EGGS ON TOAST.

6 eggs, 1 qt. milk, 1 tsp. salt.

Heat the milk to which the salt has been added until a thin scum is formed on top. Cook the eggs in this as for poached eggs. Have 6 slices of bread $\frac{1}{2}$ inch thick cut in rounds with a biscuit or cookie-cutter. Dry in the oven, and toast until light brown. Dip the toast in the hot milk in which the eggs are cooked. Arrange the toast on a hot platter and place the eggs on the toast. Serve hot.

CODDLED EGGS.

$\frac{1}{2}$ c hot milk, 2 eggs, 1 tsp. butter, $\frac{1}{2}$ tsp. salt, spk. white pepper.

Beat the eggs to a cream, add the salt and pepper. Blend into the hot milk. Add the butter. Stir in a basin over hot water or in a double-boiler until quite thick. Serve hot on toast, crisped crackers or steamed rice.

EGG VERMICELLI.

3 hard cooked eggs, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 c. hot milk, 1 tsp. butter, 1 tsp. flour, 3 pieces toasted bread cut in rounds or triangles.

Soak the bread in 1 cup hot water to which $\frac{1}{4}$ tsp. salt has been added.

After removing the shell from the eggs separate the whites from the yolks, and chop the whites fine. Melt the butter until it is foamy. Add the flour and blend in the hot milk a little at a time. Add the seasonings and boil this sauce for 5 m. Add the diced whites and pour over the toasted bread on a hot platter. Press the yolks through a small sieve and sprinkle over the top of the dish for garnish.

OMELET.

2 eggs, 1 scant tbsp. milk, $\frac{1}{4}$ tbsp. salt, spk. white pepper, 1 tsp. butter.

Beat the whites and the yolks of the eggs separately. Add the milk and seasoning to the yolks, and beat until thick and creamy. Fold in the stiffly beaten whites. Oil the hot omelet pan with butter.

Turn the egg mixture into the pan and smooth the top with a knife or spoon. Let it cook slowly until it is firm. Place in the oven to dry on top, and serve at once on a hot dish. Finely chopped ham may be spread on the top of the omelet, or it may be folded.

BAKED EGGS.

Drop $\frac{1}{2}$ tbsp. butter in a baking dish and set on the back of the stove until it is melted. Sprinkle over this 1 tbsp. fine bread crumbs, 1 tbsp. minced parsley and 10 drops of onion juice. Season with $\frac{1}{2}$ tsp. salt and a spk. of pepper and let it heat for 5 minutes longer. Break in carefully six eggs and place in a moderately hot oven until the whites are set. Then sprinkle evenly over the top 3 tbsp. grated cheese, and $\frac{1}{2}$ tbsp. butter. Sprinkle again with $\frac{1}{2}$ tsp. salt and a spk. white pepper. Place in the oven until the cheese is melted. Remove from the oven and serve immediately.

CHINESE EGGS.

4 hard cooked eggs, 1 tbsp. butter, 1 tbsp. flour, 1 c. hot milk, $\frac{1}{2}$ tsp. salt, dash Cayenne pepper, 1 tbsp. Worcestershire or Shirley sauce, $\frac{1}{4}$ tsp. celery salt.

Remove the shells from the eggs and divide them lengthwise in quarters. Place in rows in a serving dish. Melt the butter, add the flour, salt and pepper. Blend in the milk and boil for from 5 to 10 minutes. Add the Worcestershire sauce just before removing from the stove. Pour the sauce over the eggs and serve either hot or cold.

SCRAMBLED EGGS.

$\frac{1}{2}$ c. milk, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, 2 tbsp. cracker crumbs, 4 eggs.

Beat the eggs until they are creamy. Add the salt and pepper. Heat the milk in an omelet pan, add the cracker crumbs and cook until they nearly absorb the milk. Pour in the eggs and stir until all are cooked. Do not let them get too dry.

SCRAMBLED EGGS WITH CHEESE.

Beat four eggs until they are creamy. Season with $\frac{1}{2}$ tsp. salt and dash of cayenne pepper. Turn into a buttered omelet pan and cook on the back of the stove 2 m., stirring constantly. Blend in 1 tbsp. grated cheese. Turn into a hot dish and serve immediately.

STUFFED EGGS.

Remove the shell from hard cooked eggs, and cut them in two crosswise. Remove the yolks and mash through a strainer. For the yolks of 6 eggs add 2 tbsp. finely ground ham or tongue, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, spk. white pepper. Mix to a smooth paste, and fill the whites. Serve cold.

DEVILED EGGS.

Prepare as for stuffed eggs. To the yolks of 6 eggs add 1 tbsp. butter, 1 tsp. mustard, 2 tbsp. lemon juice or vinegar, 1 tsp. sugar, $\frac{1}{2}$ tsp. salt, dash of cayenne pepper. Mix to a smooth paste and fill the whites with the mixture. Chill and serve on lettuce leaves or with garnish of parsley.

MARY BLY PRIGNER.

MEATS.

*"Thou sayest his meat was sauced with thy upbraidings;
Unquiet meals make ill digestion."*

GENERAL RULES.

All meats should be wiped with a damp cloth before they are cooked.

The most important points to be observed in meat cookery are that hot water or dry heat will harden the outside tissues and retain the juices, while cold water softens the tissues and extracts the juices.

Meats may be stewed, baked, broiled, roasted, or cooked in water.

Never use tough meat where only tender pieces will give the desired results.

Cooking in water and stewing are the most economical methods of cooking tough meats.

Meats are classed with albuminous foods and should be cooked at a temperature of from 160° to 180° F.

POT ROAST OF BEEF.

One of the best pieces for a pot roast is the rump. Wipe the meat clean and skewer or tie it into shape. Dredge with flour, salt and pepper. Place in the meat kettle. Pour boiling water over it and let it cook 5 or 10 m. at that temperature. Remove to the back part of the stove and cook below the boiling point, allowing 15 or 20 m. to the pound. During the last half hour let the juices cook down to be used as gravy.

PAN-BROILED STEAK.

The best steaks are the tenderloin, porterhouse and sirloin. Heat the broiling pan until it smokes and oil it slightly with some of the fat from the steak. Wipe the meat with a damp cloth and trim off any fat or skin-like parts. Place it in the broiling pan and turn it every 10 or 15 counts until it is cooked as desired—either rare or well done. Put it on a hot platter, season with salt and pepper, and place a small lump of butter on each piece.

FRIED LIVER.

Parboil the liver in salted water until tender, and then dust thoroughly with flour and season with pepper and salt. Broil pieces of bacon in the broiling pan or skillet and saute the liver in this until it is nicely browned.

ROAST BEEF.

Wipe the meat with a damp cloth, trim the edges, skewer into shape and weigh. For a 5 lb. roast place 2 tbsp. beef fat and 1 c. hot water in the roasting pan. Have a hot skillet, place the meat in this and turn until it is seared on all sides, then dredge with 1 tbsp. flour, 1 tsp. salt, $\frac{1}{4}$ tsp. pepper, blended. Place on a rack in a roasting pan and bake 20 m. to the pound in a moderately hot oven. If the roaster has no cover, baste the meat frequently.

HAMBURG STEAK.

2 c. uncooked meat ground and packed—a tough cut may be used, 2 tbsp. onion, 2 tsp. salt, $\frac{1}{4}$ tsp. white pepper. Mix thoroly and shape into a square 1 in. thick. Dredge lightly with flour and cook in the broiling irons over a bed of hot coals, turning every 10 counts. This may be pan-broiled on an oiled grid-dle.

BEEF COQUETTES.

Grind cold cooked meat fine, season—using $\frac{1}{2}$ tsp. salt and $\frac{1}{8}$ tsp. pepper to each c. of meat. A level tsp. dried parsley or 1 tbsp. Worcestershire sauce may be added if desired. Moisten with cold gravy or with a white sauce made from $\frac{1}{2}$ tbsp. flour, $\frac{1}{2}$ tbsp. butter, $\frac{1}{4}$ tsp. salt, spk. white pepper, $\frac{1}{4}$ c. hot milk. Melt the butter till it froths, blend in the flour and seasonings, add the hot milk and boil 10 min. Allow the white sauce to cool before blending with the meat. Do not get the mixture too soft to shape into balls. Roll into balls with the hands, then shape into cylinders. Roll in sifted crumbs, then in egg mixture, then in crumbs again and fry.

The Egg Mixture—Is prepared by beating together 1 egg and 1 tbsp. of milk. Add a spk. of salt.

BEEF LOAF.

Prepare the meat according to general rules and run thru a meat grinder. To each c. of the uncooked meat add 1 egg, 1 tsp. salt, 1 tbsp. cracker crumbs, 1 tbsp. butter. Rub the baking dish with a slice of onion, then heat the dish and oil it. Shape the beef mixture into a loaf, roll in beaten egg, then in crumbs. Place in the hot pan and bake 15 or 20 m. for each lb. If the

beef mixture seems too dry it may be moistened with a little milk before shaping into the loaf.

VEAL CUTLETS.

Trim from the slices of veal all fat, bone and connective tissue. Cut into strips. Roll and skewer in rounds. Dust with $\frac{1}{8}$ tsp. pepper and 1 tsp. salt to each lb. of veal. Roll in bread crumbs and egg mixture and brown in a skillet. Then stew 45 m. in a tomato sauce made as follows:

Tomato Sauce:—1 tbsp. butter, $1\frac{1}{2}$ c. tomato stock, $\frac{1}{2}$ tsp. salt, $1\frac{1}{2}$ tbsp. flour, dash of cayenne pepper, $\frac{1}{4}$ tsp. celery salt. A tbsp. Worcestershire sauce may be added. Prepare as white sauce. This is excellent to serve with beef loaf.

VEAL CUTLETS—II.

Prepare the veal according to general rules, sprinkle with salt and pepper, using 1 tsp. salt and $\frac{1}{4}$ tsp. pepper for each lb. of meat. Roll in crumbs and egg mixture and fry in a bath of smoking hot fat.

MINCED BEEF IN GRAVY ON TOAST.

Take left over bits of meat from a roast and mince them fine. Make a white sauce, using 1 tbsp. butter, 1 tbsp. flour, 1 c. hot milk, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper. Heat the butter in a small sauce pan until it foams, add the flour, salt and pepper. Blend in the milk a little at a time and boil 10 m., then blend the meat into this. Put hot toast on a hot platter and pour the meat and sauce mixture over it and serve AT ONCE.

ROAST CHICKEN.

After removing the feathers, singe and draw the chicken and wash inside and out with borax water, using 1 level tbsp. borax to 1 qt. cold water. Truss the fowl and fill with dressing and roast until tender. Baste frequently.

Dressing.— $\frac{1}{2}$ lb. bread crumbs free from crust, 3 tbsp. butter, $1\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. white pepper, 3 tbsp. minced parsley, $\frac{1}{2}$ tsp. powdered thyme, $\frac{1}{2}$ tsp. sage, dash of nutmeg, $\frac{1}{2}$ c. hot water in which a slice of onion has been allowed to cook for 1 m. Mix the crumbs and seasonings, moisten with the hot water and fill the chicken.

CHICKEN WITH DUMPLINGS—FRENCH STYLE.

Prepare the chicken and cut it up as for frying. Sprinkle with salt and pepper, using 1 tsp. salt and $\frac{1}{4}$ tsp. pepper to 1 lb. chicken. Dredge with flour. Place on the bottom of a pan in a single layer. Add enough hot water to come half way up on

the chicken. Turn and baste frequently. When the chicken is tender place the dumplings on top and return to the oven until they are baked.

Dumplings.—2 c. flour, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, 1 tsp. baking powder, 2 small or 1 large egg, $\frac{1}{3}$ c. milk. Beat the eggs together until light and creamy, mix the dry ingredients and moisten with the milk. Add the eggs and turn out onto a floured board. Roll $\frac{1}{2}$ in. thick and cut into squares, slash and lay over the top of the chicken.

CHICKEN CROQUETTES.

2 c. finely ground chicken which has been previously cooked. Mix with a sauce made from 1 tbsp. butter, 2 tbsp. flour, 1 c. hot milk or cream, 1 egg, 1 tsp. salt, $\frac{1}{4}$ tsp. white pepper, 1 tsp. onion juice, spk. nutmeg. Melt the butter until it foams. add the flour and seasonings, and blend in the milk a little at a time. Cook 10 m. Remove from the stove and add the beaten egg. When it is cold mix with the chicken. Roll into cylindrical shapes, using 1 tbsp. of the mixture for each one. Roll in crumbs, then in egg mixture, then in crumbs again and fry in a bath of hot fat.

PRESSED CHICKEN.

Stew the chicken until tender, allowing the stock to cook down. Pick the meat from the bones and chop it fine, separating the light from the dark meat. Add $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, and $\frac{1}{4}$ tsp. celery salt to each kind of meat. Place in a mold in layers. Pour the stock over this and let it stand in a cool place until it is firm. Turn out of the mold, slice, place on a platter and garnish with parsley or lettuce leaves.

STELLA STEWART, '00.

FISH AND OYSTERS.

"Master, marvel how the fishes live in the sea!"

"Why, as men do a land; the great ones eat up the little ones."

FISH.

Tests for a Good Fish.—The eyes should be full and should have a bright color. The flesh should be firm to the touch and should not have a stale odor. The gills should be a bright red.

To Remove the Scales.—Put the fish in cold water, and scrape off the scales with a knife, beginning at the tail, and going toward the head. Keep the fish under water during the process, if possible.

To Remove the Eyes.—Slip the knife around and under the eyes, carefully, to cut the muscles, and then remove them.

To Draw a Fish.—Cut from the neck to the anal opening and remove the internal organs. Then flush well with salt water.

To Skin a Fish.—Cut down the centre of the back and remove the dorsal fin. Then cut around mouth for about $\frac{1}{2}$ inch. Carefully take up the skin, and pull it off, beginning at the head, and going toward the tail. Hold down the muscle part with your hand so as not to tear it.

To Bone a Fish.—After the fish is skinned, the next thing to be done is to bone it, if a fillet of fish is desired. Lay the fish flat on a meat board, and slip a sharp knife under the flesh part, close to the back bone. Then slip the knife under and carefully remove the flesh from the back and side bones.

Cookery of Fish.—Owing to the albumenoids a fish contains, it should not be cooked at a high temperature. High heat toughens such a compound and makes it indigestible. When fish is cooked in water, put it in boiling water. This coagulates the albumen on the surface, thereby keeping in all of the juices. Then immediately put the kettle where the water will not boil, and cook until the flesh flakes. It is better to put the fish in water at about 200° F., then lower temperature to 160° or 180° F., and cook until flesh flakes.

FISH A LA POULETTE.—(3 lb. Fish.)

Skin and bone the fish according to the general rules. Then lay over it slices of onion, and pour over this the juice of $\frac{1}{2}$

lemon. Season with $\frac{1}{2}$ tsp. salt and $\frac{1}{8}$ tsp. white pepper. In $\frac{1}{2}$ hour take the onion off and cut the fish in uniform slices. Then dip each slice into melted butter and roll, fastening it with a skewer. Dredge with flour, and put in a moderate oven to bake for about 20 m. Bake on a rack. Subject it to high heat for about 5 m., then finish baking on the lower grate. Serve with a white sauce, and decorate each fillet with hard-cooked eggs. Cut the whites into rings, and rub the yolks through a sieve, filling the rings or covering the top evenly.

BAKED FISH.

Prepare the fish according to general rules. For a 3 lb. fish use $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper, and dredge. Then put it on a rack in a roaster and bake. Put it on the top grate for 5 m., and then remove to the lower part of the oven, where the temperature is lower. Baste frequently with equal parts of lemon juice and olive oil. Serve with egg white sauce.

FRIED FISH.

Prepare the fish according to the general rules, and cut into pieces of uniform size. Prepare an egg mixture, using 1 tbsp. milk to the yolk of 1 egg. Beat slightly. Roll the pieces of fish in bread or cracker crumbs, then dip into the egg mixture and roll again in crumbs. Fry in a bath of smoking hot fat. It should be still and smoke from the center. A good test for the fat is to take a small cube of stale bread and drop it into the fat; if it browns in 60 counts, it is ready for frying. Serve with the following sauce:

Allemonde Sauce.—Cook the bone of a fish in water enough to cover. To 1 c. bone, chopped fine, use 3 cloves, 1 bay leaf, 1 slice of onion, 2 peppercorns. Let this soak about 20 m., and then put it on the stove and let it come to a boil. Add $\frac{1}{2}$ tsp. salt. Strain, and add enough water to make 1 c. Then make a white sauce, using the fish stock instead of milk. Add $\frac{1}{4}$ c. cream. Boil about 10 m. Then put it on the back part of the stove, and add the yolk of 1 egg, beaten to a cream. Strain, and add 1 tsp. minced parsley.

FISH CHOWDER.

1 lb. fish (bones, head and trimmings of the muscle part), 4 medium sized potatoes, 4 crackers, 2 tbsp. butter, 2 tbsp. diced onion, 1 tbsp. flour, 1 c. milk, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. white pepper, 2 tbsp. flaked fish.

Cover the bones with cold water and let soak about 20 m., then gradually heat it, and cook until the muscle part is tender. Drain off the liquor. Cut the potatoes into dice and cook in boiling water 5 m. Then drain off the water and cook the

potatoes, until tender, in the fish stock. Brown the onion slightly in 1 tbsp. butter, and make a white sauce of the remaining ingredients, excepting the crackers. Then add the browned onion to the white sauce. Strain, and add to it the potatoes and fish stock. Add 2 tbsp. flaked fish. Pour over crisp crackers in a hot vegetable dish, and serve hot.

HALIBUT COOKED IN WATER.

Lay steaks in a sauce pan large enough to allow them to be flat on the bottom. Cover with hot water and cook with a slice of carrot, slice of onion, 1 bay leaf, sprig of parsley, 6 peppercorns, juice of $\frac{1}{2}$ lemon, and 1 stalk of celery. Remove to the back part of the stove where it will cook below the boiling point. When the fish flakes, drain and remove the vegetables. Arrange the fish on a hot platter and serve with—

Hollandaise Sauce.— $\frac{1}{2}$ c. butter creamed, well beaten yolks of 4 eggs. Blend these together and add the juice of $\frac{1}{2}$ lemon, $\frac{1}{2}$ tsp. salt, spk. of cayenne pepper. Add slowly 1 c. hot water. Cook all in double boiler until creamy. Do not boil. Beat vigorously.

HALIBUT—TURKISH STYLE.

Place 2 or 3 slices of onion on the rack of a baking pan. Over this arrange slices of halibut steak. Dot with butter. Cover the top of the fish with $\frac{1}{2}$ c. tomato pulp. Sprinkle over with $\frac{1}{2}$ tsp. salt, and $\frac{1}{8}$ tsp. cayenne pepper. Baste carefully with hot water while cooking. Cook until the fish flakes.

FISH BALLS.

2 c. cold, cooked fish, minced fine Mix with a white sauce made from $\frac{1}{2}$ tbsp. flour, $\frac{1}{2}$ tbsp. butter, $\frac{1}{4}$ tsp. salt, spk. white pepper, $\frac{1}{2}$ c. hot milk. Do not blend with the fish until the white sauce is cold. Shape into balls, roll in sifted crumbs, then in white of egg and in crumbs again, and fry in a bath of hot fat.

OYSTERS.

General Rules.—Drain the oysters by putting them in a sieve, flush them with clear cold water, or with salt water, using about 1 c. water and 1 tsp. salt to 1 qt. oysters. Then take each oyster and carefully pass it between your fingers to remove any bits of shell or other foreign matter, that may have adhered to it.

Clarify the liquor from oysters by heating until it is milky. Remove from the stove and strain.

FRIED OYSTERS.

1 pt. large oysters, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. white pepper, 2 eggs beaten with 2 tbsp. milk, cracker crumbs.

Prepare the oysters according to the general rules. Roll them in cracker crumbs, dip in the egg mixture, and then roll in crumbs again. Fry in a bath of smoking hot fat, using the same test as you do for fried fish.

CREAM OF OYSTER SOUP.

1 qt. oysters, 1 pt. milk, 3 level tbsp. butter, 1 tbsp. flour, 2 tsp. salt, $\frac{1}{4}$ tsp. white pepper, $\frac{1}{2}$ c. oyster liquor.

Prepare the oysters according to the general rules, and heat them in a sauce pan until the edges curl. Heat the oyster liquor until milky, then remove the scum. Make a white sauce of the remaining ingredients. Strain, and add it to the heated liquor. Add the oysters. Serve with crisp crackers.

OYSTER SOUP WITHOUT OYSTERS.

1 pt. milk, 1 pt. oyster liquor, 1 tbsp. butter, 1 tbsp. flour, 1 tsp. salt, $\frac{1}{8}$ tsp. white pepper.

Make as you would cream of oyster soup.

KEEBOBBED OYSTERS.—RORER STYLE.

50 large oysters, $\frac{1}{2}$ c. minced celery or 2 tbsp. dried celery, 1 pt. cracker crumbs, 4 eggs beaten light with 4 tbsp. milk, 1 tsp. salt, $\frac{1}{8}$ tsp. white pepper, 1 tbsp. butter, 1 c. oyster liquor.

Prepare the oysters according to the general rules. Dip each oyster into the egg mixture and then roll in cracker crumbs. Arrange a layer in a buttered baking dish. Then sprinkle with salt, pepper, celery and parsley. Dot with bits of butter. Then arrange another layer in the same manner, and so on, until the materials are used up. Then sprinkle with cracker crumbs, and dot with bits of butter. Pour over this the oyster liquor which has been clarified. Bake about 20 m. Serve hot.

SCALLOPED OYSTERS.

Drain the liquor from the oysters. Clarify the liquor and wash the oysters in cold water. Prepare crackers or bread crumbs by rolling fine but do not sift them. Place a layer of the crumbs over the bottom of a buttered baking dish. Fill the dish with alternate layers of oysters and buttered and seasoned crumbs. For 1 pt. oysters use $\frac{1}{4}$ tsp. white pepper, 1 tsp. salt, 2 tbsp. butter and 1 c. crumbs. Melt the butter and blend with the crumbs and seasoning before placing in layers with the oysters. Use the oyster liquor to moisten the scallop, and if this is not sufficient, add milk or hot water. Bake in hot oven 20 m.

OYSTERS WITH MACARONI.

1 pt. oysters, 1 sc. c. macaroni broken into $\frac{1}{2}$ in. pieces, 3 level tbsp. butter, 1 tsp. salt, $\frac{1}{8}$ tsp. white pepper, 1 c. bread or cracker crumbs.

Prepare the oysters according to general rules. Cook the macaroni in boiling salted water till tender. Drain and place a layer of it on the bottom of a buttered baking dish, then add a layer of oysters dipped in crumbs. Fill the dish in this way. Sprinkle each layer with salt and pepper and dot with butter. Finish with macaroni on top. Spread a layer of crumbs over this, dot with butter and baste with $\frac{1}{4}$ c. boiling water. Bake 20 m. in a hot oven.

ANNA C. PFUETZE.



SOUPS.

"Few things are impossible to diligence and skill."

POTATO SOUP.

1 c. diced potatoes, 1 tsp. minced onions, 1 tsp. salt, $\frac{1}{4}$ tsp. white pepper, $\frac{1}{2}$ tbsp. flour, $\frac{1}{2}$ tbsp. butter, 1 pt. milk.

Cook the potato in water enough to cover until tender. Heat the milk and onion in a double boiler. When the potatoes are cooked mash fine and add to the milk. Make a white sauce by melting the butter and blending in the flour and seasonings. Take 1 c. of the liquid from the double boiler and add a little at a time to the flour and butter mixture. Boil 5 m., and add to the mixture in the double boiler. Serve hot with croutons.

CREAM OF ASPARAGUS SOUP.

1 qt. stock and milk, $1\frac{1}{2}$ doz. stalks of asparagus, 1 tbsp. butter, 1 tbsp. flour, 1 tsp. salt, $\frac{1}{8}$ tsp. white pepper.

Cook the asparagus in boiling salted water until tender. Cut off the heads and mash the stalks through a colander. Save the water in which the vegetable is cooked and add milk to make 1 qt. Heat with the strained asparagus in a double boiler. Make a white sauce of the butter, flour and seasonings, and add 1 c. of liquid from the double boiler. Boil 5 m. Blend the sauce into the milk mixture, add the asparagus heads and serve.

CREAM OF TOMATO SOUP.

1 can tomatoes, 1 qt. milk, 1 tbsp. flour, 1 tbsp. butter, $\frac{1}{4}$ tsp. soda, $\frac{1}{2}$ tsp. salt, spk. of white pepper.

Stew the tomatoes until soft and tender. Heat the milk in a double boiler. Make a white sauce of the other ingredients, except soda, using 1 c. hot milk for the liquid. Cook 10 m. and stir into the remainder of the milk. Add the soda to the tomatoes, and when the foaming has ceased strain them into the hot milk. Serve at once, as it may curdle after standing for some time.

CORN SOUP.

1 pt. corn pulp, 1 pt. cold water, 1 qt. milk, 2 tbsp. butter, 1 tbsp. flour, slice of onion, 2 tsp. salt, $\frac{1}{4}$ tsp. white pepper.

Chop the corn fine, add the water and cook 20 m. Heat the

milk in a double boiler with the onion. Remove the onion before adding the other ingredients. Make a white sauce of the butter, flour and seasonings, using 1 c. of the hot milk for liquid. Boil 10 m., and add to the milk. Mash the cooked corn through a coarse sieve and blend into this. Serve hot.

VEGETABLE SOUP.

$\frac{1}{2}$ c. carrot, $\frac{1}{2}$ c. sweet potato, $\frac{1}{2}$ c. turnips, $\frac{1}{2}$ c. parsnips or salsify, $\frac{1}{2}$ c. Irish potatoes, 1 tbsp. onion, 1 stalk celery, 1 tbsp. butter, 2 tbsp. cooked rice, 1 bay leaf, 1 tsp. salt, 2 qts. cold water.

Dice the vegetables and place all except the onions in a soup kettle. Add the seasonings and cold water. Bring slowly to the boiling point and cook gently for $1\frac{1}{4}$ hours. Melt the butter in a sauce pan, add the onion and cook until it is slightly transparent, but do not let it brown. Add this to the vegetables in the kettle. Add the rice after the soup has cooked $\frac{1}{2}$ hour. Serve with sippets.

BISQUE OF SALMON.

2 c. hot water and 2 c. cold cooked rice, heated and mashed thru a strainer. To 1 c. salmon, after removing the skin and bone, add 1 tsp. salt, 1 bay leaf, 1 tbsp. diced onion, $\frac{1}{2}$ tsp. white pepper, 1 c. water. Place together and let stand on the back of the stove until steaming hot. Heat 1 qt. milk in a double boiler. Strain the salmon mixture and add to this. Add the strained rice. Beat in 1 tbsp. butter, and serve hot.

CREAM OF CELERY SOUP.

1 head of celery, 1 qt. milk or $\frac{1}{2}$ milk and $\frac{1}{2}$ water, 1 tbsp. butter, 1 tbsp. flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ tsp. white pepper, 1 tbsp. chopped onion.

Wash the celery, cut into dice and cook it with the onion in boiling salted water till tender. Mash thru a strainer. Heat the milk in a double boiler. Make a white sauce by melting the butter, adding the flour, salt and pepper, then a cup of the hot milk, a little at a time, and cook for 10 m. Add this to the milk in the double boiler. Then add the strained celery and celery stock. Cook for 5 m., and serve with crisp crackers.

Note.—The onion may be omitted.

POTATO SOUP.

$1\frac{1}{2}$ c. diced potatoes, 2 c. milk or meat stock, 2 eggs, $\frac{1}{2}$ c. cream, 1 tsp. salt (if potatoes have not been cooked in salted water), $\frac{1}{8}$ tsp. pepper.

Cook the potatoes in boiling water. Drain and mash. Add the heated milk and cream. Beat in the eggs. Cook as for soft

custard until thickened. Add the seasonings. Strain and serve hot with wafers.

Other vegetables may be prepared in this way, as asparagus, corn, etc. This may be used in case of fevers when no solid food can be taken.

BOUILLION.

1 qt. chicken broth, 1 tbsp. (level) beef extract, 1 tsp. salt, spk. pepper.

Dissolve the beef extract in the chicken broth, which has been brought to the boiling point. Add the salt and pepper. Serve hot in cups with a slice of lemon in each cup.

This recipe may be served from a chafing-dish.

ADELAIDE E. WILDER, B. S. '93, M. S. '00.



SALADS.

"My salad days! When I was green in judgment, cold in blood."

There are few vegetables, fruits or meats known which can not be made into a palatable salad, if properly prepared.

The objective points in making salads are to have the ingredients fresh and thoroughly chilled before blending them together. Salads should not be combined with the dressing—especially oil dressing—until just before serving.

Salads may be made of left overs of meats, vegetables, or fruits, but care must be taken that proper combinations are observed.

POTATO SALAD.

2 c. cold boiled potatoes cut into small dice, 1 c. cucumber pickle diced, 2 tbsp. onion chopped fine or 10 drops onion juice.

Blend and maranate with cooked salad dressing till well moistened.

COOKED SALAD DRESSING.

3 eggs, 1 dash cayenne pepper, $\frac{1}{4}$ tsp. mustard, $\frac{1}{2}$ c. vinegar, 3 tbsp. water, $\frac{1}{2}$ tsp. salt, 2 tbsp. butter.

Put the cayenne, mustard, water and vinegar in a sauce pan and boil 1 m. Then remove to back part of stove, add the well beaten eggs and stir over hot water till cooked thick as for a custard, but do not boil. Then put in the butter and stir till thick and smooth. Add $\frac{1}{2}$ tsp. salt and strain. This dressing will keep for several days if kept in a cool place.

FROZEN TOMATO SALAD.

1 qt. can tomatoes, 1 tsp. salt, juice 1 lemon, 10 drops onion juice, 1 c. finely diced English walnuts, 1 tsp. gelatine, $\frac{1}{3}$ c. boiling tomato juice, $\frac{1}{3}$ c. cold tomato juice.

Soak gelatine in cold tomato juice for $\frac{1}{2}$ hour. Dissolve in hot juice and cool. From the can of tomatoes take all the pulp and juice and press through a sieve. Season with the salt, pepper, onion juice and lemon. Add gelatine mixture. put in freezer and freeze to a slush according to general rules for ices. Put in

the walnuts, pack in mold for 1 hour. Serve on a bed of lettuce with French dressing. The nuts may be sprinkled over the mold if they are not added before molding.

FRENCH SALAD DRESSING.

$\frac{1}{4}$ tsp. white pepper, $\frac{1}{2}$ tsp. salt, 2 or 3 tbsp. olive oil, 1 tbsp. vinegar, 1 tbsp. lemon juice.

Mix salt, pepper and olive oil together. When the salt is dissolved add the vinegar and lemon juice while stirring violently.

Note.—Two tbsp. juice may be used instead of vinegar.

CABBAGE SALAD.

4 c. cabbage chopped fine, 1 c. cream beaten or whipped, 1 $\frac{1}{2}$ tsp. powdered sugar, 2 tsp. salt, $\frac{1}{2}$ tsp. pepper, juice 1 lemon.

Maranate the cabbage with the lemon juice, then blend in cream, pepper and salt, and serve on a bed of lettuce.

CHICKEN SALAD.

1 c. chicken diced fine, 1 c. cabbage or celery.

Maranate with cooked salad dressing and serve.

1 c. of diced nuts and $\frac{1}{2}$ c. of diced veal may be added with the above ingredients, making variety salad.

HAM AND NUT SALAD.

2 c. ham diced in $\frac{1}{4}$ inch dice, 1 c. pecans diced.

Blend the meat and nuts together and maranate with Mayonnaise salad dressing, made as follows:

MAYONNAISE SALAD DRESSING.

1 tsp. mustard, 1 tsp. powdered sugar, $\frac{3}{4}$ salt, $\frac{1}{4}$ tsp. cayenne pepper, yolks 2 raw eggs, 1 pt. olive oil, 2 tsp. vinegar, 2 tsp. lemon juice.

Mix the mustard, sugar, salt, and pepper, then add the well beaten eggs. Add the oil a few drops at a time. When it is stiff and stringy, then use 1 tsp. raw egg, then the remainder of the oil, alternately with the vinegar and lemon juice, using the lemon juice last. The white of 1 egg may be added if a thin dressing is desired. Dilute with whipped cream if a whiter dressing is desired.

SALMON SALAD.

2 c. shredded salmon (canned), 1 c. English walnuts (diced fine), 1 c. celery chopped fine.

Blend the salmon, walnuts and celery together thoroughly and maranate with cooked salad dressing.

EGGS AND CHEESE SALAD.

$\frac{1}{2}$ dozen hard cooked eggs, 1 c. grated cheese, 2 tbsp. cucumber pickle chopped fine.

Slice the eggs in a salad dish and cover thickly with grated cheese, then a layer of cucumber pickle, then salad dressing, Sprinkle cheese over all. Serve with toasted cracker.

FRUIT SALAD.

1 c. cream (whipped), whites 2 eggs, $\frac{1}{2}$ c. orange juice, 1 c. powdered sugar, 2 oranges (diced), 1 c. bananas (diced), $\frac{1}{2}$ c. pineapples (diced).

Add $\frac{1}{2}$ c. sugar to cream and whip. Add the rest of the sugar to the stiffly beaten whites of eggs, fold together, adding the orange juice, then pour over the sliced fruit. Place the oranges, bananas and pineapples in alternate layers and sprinkle with 1 tbsp. sugar. Serve with whipped cream.

BANANA SALAD.

$\frac{1}{2}$ dozen bananas (diced), 1 c. almonds (diced), juice 1 lemon.

Blend the bananas and almonds together and pour over them the lemon juice. Maranate with Mayonnaise dressing.

SALMON SALAD.

2 c. shirred salmon, 2 c. cabbage (cut fine); 1 tsp. salt.
Blend together and maranate with a salad dressing.

MARION JONES.

YEAST BREADS.

*"Who has not heard of home-made bread,
As tough as putty and heavy as lead?"*

GENERAL RULES FOR BREAD-MAKING.

Use the regular bread flour, as it contains more gluten than pastry flour, and hence will become lighter. Warm the flour just before mixing, especially in cold weather. Always use fresh yeast. If you use milk, heat it to retard fermentation; if you use whey, heat it also; or, if milk and water, heat both. In every case be sure the liquid has cooled to lukewarm before using, or you will injure the yeast plant. Use sugar in bread, as it hastens the growth of the yeast plant. Wheat flour contains a little sugar by nature. Starch is changed to sugar, and sugar to alcohol and carbon dioxide gas. This gas is the quality in bread which gives it lightness. Potatoes are sometimes added in setting a sponge. If the flour is an inferior quality they make the bread better because the yeast plant works on the potato starch first. If the flour is good they need not be used. Shortening makes the bread more crisp and tender and requires less kneading. Butter gives the bread the best flavor, but lard makes it whiter. Always stir the shortening into the hot liquid. For buns, rolls or shortcake excess of sugar is added. Always mix bread in a deep earthen or granite pan. Wood may be used but the wood takes the odors. Tin pans may be used if new and bright. National, Yeast Foam and Ralston are the best brands of dried yeast on the market. Yeast is good when it is foamy and full of gas bubbles and has a pungent odor. It is poor when it is watery, has an acid odor or when a scum collects on the top. The quicker bread is fixed and baked the whiter it will be. Never allow bread that is rising to be placed in a draft or where it will become cold. The yeast plant grows best in a temperature of 75° to 80° F., hence the sponge should be kept over a water bath that is about lukewarm.

TEMPERATURE FOR BAKING.

Place a tsp. of flour in a small pan and set it in the oven. If it browns in from 4 to 5 m. the oven is hot enough for rolls; 5 to 6 m., for loaves. Keep the temperature at these points for the first 10 m., then gradually let it lower while baking.

TESTS WHEN DONE.

When you hit the loaf on the bottom with the fingers and it has a hollow sound. Hold the bottom of the loaf on the palm of the hand and it does not burn the hand.

CARE OF BREAD AFTER IT IS BAKED.

Remove loaves from the pan and place where the air will circulate freely. Never leave bread in the pan or turn it out on a pine table to cool. If you want crust crisp do not cover. When perfectly cold put into a stone jar or tin bread-box. Keep these free from dust and stale crumbs, and always clean thoroughly before putting in fresh bread.

Note.— $\frac{1}{2}$ c. yeast means $\frac{1}{2}$ cake dry yeast the size of a Yeast Foam cake, or a piece of compressed yeast $\frac{1}{4}$ as large, dissolved in $\frac{1}{2}$ c. lukewarm water with $\frac{1}{4}$ tsp. sugar. This is equal to $\frac{1}{2}$ cup liquid yeast.

BREAD (WHITE OR WHOLE WHEAT).

2 c. milk or water scalded and cooled, $\frac{1}{2}$ tbsp. fat—lard, butter or nutcoa, 1 $\frac{1}{2}$ tsp. salt, 1 level tsp sugar, $\frac{1}{2}$ c. yeast, 6 or 7 c. flour.

Dissolve $\frac{1}{2}$ cake Yeast Foam in $\frac{1}{2}$ c. warm water and add the sugar. Measure the two cups liquid, add butter and salt, then the yeast and sugar. Stir in flour enough to make a stiff drop batter. Let rise until double its bulk. Add the remainder of the flour, put in oiled pan and let rise again and when it has doubled its bulk knead into loaves. Let rise again and bake. Loaves require from one-half to one hour for baking, depending upon size of loaf.

CINNAMON ROLLS.

Use same recipe as for bread sponge, but add $\frac{1}{4}$ cup butter, 1 egg beaten separately, $\frac{1}{2}$ c. sugar. When ready to roll into loaves, roll into rectangular sheets $\frac{1}{2}$ inch thick and spread with butter. Sprinkle over this 1 tbsp. sugar and 1 tsp. cinnamon. Roll as jelly cake and cut into slices $\frac{1}{2}$ inch thick. Place in a pan and let rise until they double their bulk. Bake in a moderate oven.

VIENNA ROLLS.

1 c. milk, 1 tbsp. butter, $\frac{1}{4}$ tbsp. sugar, $\frac{1}{2}$ tsp. salt, 1 egg, 3 or 4 c. white bread flour.

Add butter to the hot milk, cool to lukewarm, add sugar, salt and beaten egg to $\frac{1}{2}$ c. yeast. Add flour to make a thin batter. Let rise and mix stiff. Let rise again, roll in thin sheets, cut in squares and roll or fold.

SWEDISH ROLLS.

1 pint of milk scalded, $\frac{1}{2}$ c. butter, $\frac{1}{4}$ c. sugar, 1 tsp. salt, $\frac{1}{2}$ c. yeast, whites of 2 eggs beaten till stiff, 8 c. flour.

Mix as for cinnamon rolls, let rise, roll out into sheets, sprinkle the top after it is buttered with 1 tsp. cinnamon, 1 tbsp.

sugar, grated rind of 1 lemon and $\frac{1}{2}$ c. currants. Roll as jelly cake, cut into slices $\frac{1}{2}$ inch thick, place in a pan and let rise until they are double their bulk. Glaze the top with 1 tsp. sugar in $\frac{1}{2}$ c. milk, and when they are baked glaze again and let brown. Bake in a moderate oven.

PARKER HOUSE ROLLS.

1 pint milk scalded, 1 tbsp. butter, $1\frac{1}{2}$ tsp. salt, 1 tbsp. sugar, $\frac{1}{2}$ c. yeast, white of 1 egg stiffly beaten.

Mix as for bread. When sponge is light add the stiffly beaten white of egg. Mix stiff, let rise, roll out and cut for twin rolls or pocket book rolls or other fancy shapes. Bake in moderate oven.

BREAD STICKS.

1 c. milk heated, $\frac{1}{4}$ c. butter, 1 tbsp. sugar, $\frac{1}{2}$ tsp. salt, $\frac{1}{2}$ cup yeast, white of 1 egg, 4 c. flour.

Cream the butter, add the sugar, dissolve this in the hot milk. Cool to lukewarm and add the yeast. Fold in the white of the egg, then the sifted flour. Let dough stand until more than double its bulk, shape into small balls and roll out with the palms of the hand into long thin rolls or sticks. Place in stick pans, let rise and bake in a moderate oven.

RUSKS.

To 4 c. sponge add $\frac{1}{2}$ c. creamed butter, 1 egg beaten together, 1 c. sugar. Beat this mixture into the sponge then make velvety dough by adding bread flour. Let rise until double its bulk, roll into small balls, let rise again, glaze and bake.

Note.—In making sponge for rolls, cake, etc., make softer than for bread.

DATE BREAD.

2 c. bread sponge prepared with milk, 2 tbsp. sugar, enough whole wheat flour to make stiff batter, 1 cup stoned dates.

Then add more flour until you have a smooth dough, turn into a pan and let rise until double its bulk. Bake in loaves.

RAISED BREAD CAKE.

1 pint milk, 1 tsp. salt, $\frac{1}{2}$ c. yeast, 5 or 6 c. flour.

Set sponge at night. When light add 1 c. butter creamed with 2 cups brown sugar, 1 tsp. cinnamon, $\frac{1}{2}$ tsp. nutmeg, $\frac{1}{2}$ tsp. allspice, 4 eggs beaten separately. Fold this mixture through the sponge. Reserve the whites until the last. Flour 2 cups stoned raisins and $\frac{1}{2}$ cup citron. Fold in carefully and let rise. Stir down and let rise again. Pour into deep tins filling them about $\frac{3}{4}$ full, let rise again and bake in moderate oven.

ELIZABETH J. AGNEW.

BAKING POWDER MIXTURES.

GENERAL RULES.

First, have a hot oven. The flour must be sifted before measuring. The pans or muffin-rings should be well oiled before the mixture is prepared. Iron gem pans must be heated.

The mixtures containing small quantities of butter, and cooked as breakfast cakes, are put together by first blending all the dry ingredients and then adding the liquid blended. The butter is melted and added last. For griddle cakes, muffins and gems the eggs are usually beaten together. For flannel cakes the eggs are beaten separately.

To test when done use a clean straw or a heated knitting needle. If one comes out dry the bread is done. Another test is to press with the fingers. If it springs back it is done. Any baking powder mixture will loosen from the sides of the pan when done.

BAKING POWDER BISCUITS.

2 c. flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 tbsp. butter, lard or a mixture of both. Milk or water to make a soft dough.

Sift the flour before measuring, add the salt and baking powder and mix well. Work in the shortening with the tips of the fingers until it is like meal. Add the liquid and mix with a spoon. Turn onto a floured board and roll or pat into a sheet $\frac{1}{2}$ inch thick. Cut with a biscuit cutter and bake 12 to 15 m. in a hot oven. Do not knead biscuits and do not let them stand before baking.

WHOLE WHEAT GEMS.

$\frac{1}{2}$ c. whole wheat flour, $\frac{1}{2}$ c. pastry flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt, $\frac{1}{4}$ c. sugar, $\frac{1}{2}$ c. sweet milk, 1 egg, 1 tbsp. butter melted.

Mix according to general rules and bake in gem pans.

These may be prepared with white flour.

CORN MUFFINS.

1 c. flour, $\frac{1}{2}$ c. corn meal, 2 tsp. baking powder, 1 tsp. sugar, $\frac{1}{2}$ tsp. salt, 1 egg, 1 tbsp. shortening, $\frac{1}{2}$ c. milk.

Mix according to general rules and bake in hot muffin rings.

SALLY LUNDS.

2 cups pastry flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt, 2 eggs beaten separately, $\frac{1}{2}$ c. sweet milk, 2 tbsp. butter melted.

Mix the dry ingredients. Beat the yolks, add the milk, blend

with the dry materials. Add the melted butter and add the stiffly beaten whites last. Bake in a hot oven.

If wanted for tea add $\frac{1}{4}$ c. sugar and a tbsp. butter. Use scant measure of milk and add 1 c. blueberries, or $\frac{1}{2}$ c. chopped figs or dates.

POP OVERS.

$\frac{3}{4}$ c. flour, $\frac{1}{4}$ tsp. salt, 1 sc. c. milk, 1 egg beaten separately, $\frac{1}{2}$ tsp. baking powder.

Sift the flour, salt and baking powder together. Blend the beaten yolk of egg with the milk and add the dry ingredients. Fold in the beaten whites. Bake at once in a hot oven in muffin rings.

GRIDDLE CAKES.

1 c. flour, 1 tsp. salt, 1 $\frac{1}{2}$ tsp. baking powder, 1 tsp. butter, $\frac{3}{4}$ c. sweet milk, 1 egg.

Sift the dry ingredients together, blend with the milk and beaten egg, add the butter and beat well. Pour on a well oiled griddle and bake.

FLANNEL CAKES.

2 $\frac{1}{2}$ c. flour, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, 2 c. sweet milk, 2 eggs.

Mix according to general rules. Beat the eggs separately, adding the whites last. Bake on a well oiled griddle.

INDIAN MEAL CAKES.

1 pt. Indian meal, 1 tsp. salt. Blend these together and pour over it enough boiling water to make thinner than mush. Let stand 2 or 3 minutes. Pour in a mixing bowl to cool. Add the yolks of 4 eggs beaten to a cream, and $\frac{1}{2}$ c. sifted pastry flour to which 3 tsp. baking powder has been added. Bake on a griddle.

WAFFLES.

1 $\frac{1}{2}$ c. flour, 1 tsp. baking powder, $\frac{1}{4}$ tsp. salt, 2 eggs, 1 c. milk or thin cream.

Mix according to general rules. Beat the eggs separately and blend yolks with the milk. Add whites last. Bake on hot well buttered waffle-irons first on one side then on the other.

CORN BREAD.

2 c. corn meal, 1 c. flour, 1 tbsp. melted butter, 1 tsp. salt, 2 $\frac{1}{2}$ tsp. baking powder, 2 eggs well beaten, 1 $\frac{1}{2}$ c. sweet milk.

Add 1 c. milk to the eggs and blend with the dry ingredients, add the remainder of milk if needed, blend in the melted butter

and bake in muffin rings. 1 tbsp. sugar added gives a sweet corn bread.

CORN BREAD—II.

1 pint corn meal, $\frac{1}{2}$ c. sugar, 1 pint sifted flour, 3 heaping tsp. baking powder, 1 pint sweet milk, 2 eggs, $\frac{1}{2}$ c. butter.

Mix according to general rules, beat well and bake.

GERMAN PUFFS.

1 sc. c. sweet milk, $2\frac{1}{2}$ c. pastry flour, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, 4 eggs beaten separately.

Beat the yolks to a cream. Warm the butter in the milk until melted. Cool, then stir in slowly the creamed yolks, and blend in this the dry ingredients. Lastly fold in the beaten whites of eggs and bake as muffins in a hot oven.

BAKING POWDER STICKS.

3 c. flour, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, 2 tsp. butter.

Mix as for biscuits and blend with enough sweet milk to make a smooth, soft dough. Roll $\frac{1}{2}$ inch thick and cut in strips $\frac{1}{2}$ inch wide and 4 inches long. Bake as for biscuits.

These may be cut in rounds $1\frac{1}{2}$ inches in diameter. Brush the tops of half of the rounds with butter, place the other rounds on these for twin biscuits.

STEAMED SNOW BALLS.

1 c. sugar, 1 c. flour, 2 tbsp. milk, 3 eggs, 1 tsp. baking powder, 1 tsp. flavoring.

Beat the whites of the eggs until stiff. Beat the yolks to a cream, and blend with the milk. Fold in the beaten whites. Add the dry ingredients together and add to the egg mixture. Add the flavoring. Drop 1 tbsp. dough into each of the buttered steamer cups or tea cups. Place in a steamer for 20 m. Serve with whipped cream.

FRITTER BATTER.

1 c. pastry flour, 2 eggs, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ c. sweet milk, 1 tbsp. melted butter.

Sift the dry ingredients. Beat the egg separately. Add the milk to the yolks, add the dry ingredients and blend until smooth. Add the butter and beat from 3 to 5 m. Add the whites of eggs last. This may be used for apple fritters, oysters, or salsify.

SWEDISH TYMBALS.

1 c. flour, 1 c. milk, 2 eggs, $\frac{1}{2}$ tsp. each salt and sugar, 1 tbsp. olive oil.

Beat the eggs until light then add the milk and blend with

the dry ingredients. Beat until perfectly smooth, then add the oil and beat 3 minutes longer. Fry on tymbal irons. May be filled with fruit or salad, creamed oysters or chicken.

SHORT CAKE.

1 c. flour, $\frac{1}{2}$ tsp. salt, 1 tbsp. butter, 1 tsp. baking powder.

Mix according to general rules for biscuits and moisten with enough cream to make a soft dough. Roll $\frac{1}{2}$ inch thick and bake in 2 layers. When done butter and fill with fresh fruit, stewed dried fruit or preserves. Serve with whipped cream.

PEACH CAKE.

2 c. flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. salt, 1 c. milk (sc.), 1 egg, 2 tbsp. butter, 2 tbsp. sugar, 1 pint sliced peaches.

Cream the butter, add the sugar, then add the whole beaten egg and cream. Add the dry ingredients alternately with the milk, bake in layer cake tins. Cut either fresh or canned peaches in thin slices and place in rows over the top of the cake. Sprinkle lightly with sugar and bake in a quick oven. Serve with fruit syrup.



CAKES.

"Wouldst thou both eat thy cake and have it?"

GENERAL RULES.

See that the oven is ready for baking and have the pans ready prepared. Use either lard or nutcoa to grease the pans. First, cream the butter in a warm bowl, add sugar gradually and work to a perfect cream. When you have an excess of sugar and little butter, cream in as much sugar as the butter will take and add the remainder of the sugar to the beaten yolks of the eggs, then blend both together. Very fine granulated sugar will cream better. In nearly all recipes yolks and whites should be beaten separately, the yolks added to the butter and sugar mixture and the whites added last. If spices are used sift in. Add milk and flour alternately. Add the whites last, folding them in as you do omelet. NEVER beat them in unless so stated in the recipe. When fruit is added it should first be dusted with flour and added just before the whites of eggs. Cake should be baked from 20 m. to several hours.

PAPER TEST FOR OVEN.

Tear off unprinted corner of a newspaper and place in small pan in oven. When it browns in 7 minutes it is right temperature for sponge loaf cake, in 5 m. for butter loaf cake, in 4 m. for layer cake.

PLAIN CAKE.

$\frac{1}{2}$ c. butter, 1 c. sugar, 2 eggs, $\frac{1}{2}$ c. milk, $1\frac{1}{2}$ c. flour, 1 tsp. baking powder, 1 tsp. spice or 1 tsp. flavoring.

Mix according to general rules. May be baked either as a loaf or in layers.

ONE-EGG CAKE.

$\frac{1}{2}$ c. butter creamed, 1 c. sugar, 1 egg, 1 c. milk, 2 c. flour, $\frac{1}{4}$ tsp. salt, 2 tsp. baking powder, 1 tsp. flavoring.

Mix in the order given. Bake in layers and serve with fruit filling and syrup.

WALNUT CAKE.

Cream $\frac{1}{2}$ c. butter with $1\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. milk, 3 eggs

beaten separately, 2 c. flour sifted with $1\frac{1}{2}$ tsp. baking powder, 1 c. walnut meats chopped and dredged with flour.

Mix according to general rules. Bake in loaf. Ice with plain boiled frosting.

PINEAPPLE CAKE.

Cream 1 c. butter with 2 c. sugar, $\frac{1}{2}$ c. milk, 6 eggs beaten separately, 3 c. flour sifted with 2 tsp. baking powder.

Mix and bake in jelly tins. Fill with the following: Make thick boiled icing in which squeeze the juice of 2 oranges. Spread thickly over the layers of cake and sprinkle with shredded or grated pineapple.

ICE CREAM CAKE.

2 c. sugar, $\frac{1}{2}$ c. butter, $2\frac{1}{2}$ c. flour, whites 6 eggs, 2 tsp. baking powder, 1 c. cold water.

Mix according to general rules. Bake in layers and fill with the following. Three c. sugar, 12 tbsp. water, cook together till spins thread. Pour slowly into stiffly beaten whites of 3 eggs. Beat vigorously till thick enough to spread, adding 2 tsp. vanilla and $\frac{1}{4}$ tsp. citric acid. Spread this $\frac{1}{2}$ in. thick between the layers with a thinner layer for the top.

SPANISH CHOCOLATE CAKE.

2 c. sugar, $\frac{1}{2}$ c. butter, $2\frac{1}{2}$ c. flour, 1 c. water, 2 eggs, 2 even tsp. baking powder, $\frac{1}{2}$ cake chocolate melted in $\frac{1}{2}$ c. milk over steam, 1 tsp. baking powder added last.

Mix first six ingredients as in plain cake. Then stir in melted chocolate and add the extra spoon of baking powder. Bake in layers and fill with plain boiled frosting.

CHOCOLATE NOUGAT.

Part 1.—One-fourth c. butter, $1\frac{1}{2}$ c. powdered sugar, 1 egg, $\frac{3}{4}$ c. sweet milk, 2 c. flour, 2 tsp. baking powder, 1 tsp. flavoring.

Part 2.—Three oz. Walter Baker's chocolate, 3 tbsp. gran. sugar, $\frac{1}{2}$ c. water, $\frac{1}{3}$ c. milk, 1 c. almonds chopped fine.

Part 1.—Sift flour thoroughly before measuring. Measure baking powder and sift together. Cream the butter and add the sugar slowly, then add the egg without beating and beat the mixture thoroughly for 5 m. Add the flavoring, then the milk a part at a time alternating with the flour.

Part 2.—Grate the chocolate, add sugar and water together and cook until the mixture is thick, smooth and glossy. Add the milk and cool the mixture to luke warm. Then blend the two mixtures together and add the blanched almonds. Bake in layers 20 m. Fill with plain boiled frosting flavored with vanilla.

BLACKBERRY CAKE.

$\frac{3}{4}$ c. butter, 1 c. sugar, 3 eggs, 2 c. flour, 1 c. blackberry jam or seeded blackberries, 3 tbsp. sour milk, 1 tsp. soda, spices to taste.

Mix according to general rules. Bake in 3 layers.

FIG CAKE.

1 c. sugar, $\frac{1}{2}$ c. butter, 1 c. seeded raisins, $\frac{1}{2}$ lb. figs, 2 c. flour, 2 eggs, 2 tsp. baking powder, $\frac{1}{2}$ c. boiling water, 1 tsp. nutmeg, 1 tsp. cinnamon.

Chop figs and raisins and pour $\frac{1}{2}$ c. warm water over them. Let stand on back of stove till cake is mixed according to general rules. Then add fruit mixture. Can be baked in layers or loaf. Ice with the following: One-half lb. powdered sugar, 1 tbsp. boiling water, grated rind of 1 orange, sufficient orange juice to moisten. The icing should be very stiff.

ORANGE CAKE.

2 eggs, 1 c. sugar, 1 tbsp. melted butter, $\frac{1}{2}$ c. milk, $1\frac{1}{2}$ c. pastry flour, $1\frac{1}{2}$ tsp. baking powder, 1 tbsp. orange juice, 1 tsp. grated orange rind.

Mix in order given, bake in layers and fill with orange cream as follows: Juice of 1 orange, 1 tbsp. lemon juice. Place these in a cup together, fill with water to make $\frac{1}{2}$ c., add 1 tsp. grated rind. Place in granite sauce pan on the stove and when it boils add 1 tbsp. corn starch that has been moistened to the consistency of thick cream. Let cook until it thickens. Beat the yolk of 1 egg until creamy, add 1 heaping tbsp. sugar and blend into the hot starch mixture, beating in 1 tsp. butter or cream. Strain and cool and spread between layers of cake that have been frosted with orange icing made as follows: White of 1 egg, 3 tbsp. lemon juice, 1 sc. c. powdered sugar. Beat together until thick and creamy, spread on cake while hot.

BOILED SPONGE CAKE.

6 eggs, $1\frac{1}{2}$ c. granulated sugar, $1\frac{1}{4}$ c. pastry flour, 2 tbsp. lemon juice and 4 tbsp. water or 6 tbsp. water.

Beat eggs separately and blend together. Boil sugar and water together till clear, add the lemon juice, pour over the egg mixture and beat with egg flap till cool, and then add the flour. Bake in loaf or square sheets.

IMPERIAL FRUIT CAKE.

1 lb. butter, 1 lb. sugar, 1 lb. flour, 1 lb. stoned raisins, quartered, 1 lb. citron diced fine, 1 lb. prepared currants, $\frac{1}{2}$ lb.

almonds diced fine, 8 eggs beaten separately, 2 tsp. baking powder, $\frac{1}{4}$ c. orange juice.

Prepare fruit according to general rules. Cream the butter, add the sugar then the yolks of eggs, then the fruit and the whites. Add flour and orange juice alternately.

This makes two 3 lb. cakes.

ANGEL FOOD.

1 c. pastry flour +, $1\frac{1}{4}$ c. pulverized sugar, whites of 9 large or 10 small eggs, spk. salt added to eggs before beating, 1 level tsp. cream of tartar, $\frac{1}{2}$ tsp. flavoring.

Beat the eggs until dry and stiff, add the cream of tartar when half beaten, fold in the flour which has been sifted five times, then the sugar sifted five times. Add the flavoring to the eggs while beating. Fold but do not stir the mixture. Bake from 45 m. to 1 hour in a very slow oven, in an unbuttered tin.

ANGEL FOOD—II.

1 c. flour measured after sifting, then mix with 1 tsp. cream of tartar and sift 4 times. Beat the whites of 11 eggs until they are stiff and dry. Add $1\frac{1}{2}$ c. pulverized or sifted granulated sugar, with 1 tsp. flavoring, then add the flour quickly, pour in unbuttered cake pans and bake in very slow oven. When done loosen from pan at once and turn out.

GENOESE CAKE.

3 eggs, weigh them, take equal weight of butter, sugar and flour. Add $\frac{1}{8}$ tsp. salt, 1 tsp. flavoring. Cream the butter, add the sugar and beat till very light. Add salt and flavoring, then add eggs one at a time, beating thoroughly. Beat for 15 or 20 m. after adding the last egg, then fold in lightly the sifted flour. Bake in thin layers.

MADELINES.

Fill two layers of Genoese cake with peach marmalade and set away until it is perfectly firm (24 hours). Cut in fancy shapes and frost the outside. Decorate the top with candied fruits and nuts.

ASHLAND CAKE.

$\frac{1}{2}$ cup butter, $\frac{1}{2}$ c. sweet milk, 1 c. sugar, ~~1 c. sugar~~, 1 c. flour, $\frac{1}{2}$ c. corn starch, whites 4 eggs, 3 level tsp. baking powder, 1 tsp. flavoring.

Mix according to general rules, bake in 2 layers. Excellent with cocoanut icing or any of the following fillings:

Plain Boiled Icing.—1 c. granulated sugar, $\frac{1}{3}$ c. water, white of 1 egg, $\frac{1}{2}$ tsp. flavoring.

Blend sugar and water together, but do not stir after it begins to boil. Boil in a granite pan until it threads. Beat white of egg until stiff. Pour the hot syrup in a fine stream over the egg, add the flavoring, and beat until thick enough to spread on the cake. If a thick filling is desired the recipe may be doubled.

Note—If this cooks too long it becomes granular, in which case $\frac{1}{4}$ c. hot water may be added, the icing boiled, beaten and cooled again.

Cocoanut Filling.—Add $\frac{1}{4}$ c. shredded cocoanut to above recipe before spreading on the cake.

Marshmallow Filling.—Cut $\frac{1}{4}$ lb. marshmallows into fine bits with scissors or sharp knife and add to the syrup for plain boiled icing. When the marshmallows dissolve proceed as in the above recipe.

Chocolate Filling.—Melt 2 squares of Baker's chocolate with 1 tbs. hot water and add to the plain boiled icing before spreading on the cake.

Caramel Filling.— $1\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. milk, $\frac{1}{2}$ c. caramelized sugar, $\frac{1}{2}$ tsp. vanilla, $\frac{1}{2}$ tsp. butter.

Blend the sugar and milk together and boil until thick and creamy, or till makes a soft ball in cold water. Stir in rapidly the caramelized sugar. Add the flavoring and butter, remove from stove and beat until thick enough to spread on the cake. To caramelize sugar place in a small sauce pan and melt slowly on the back of the stove. Be sure that it is free from lumps before adding to the other mixture. Avoid scorching.

Caramel Filling.—1 c. sugar, 1 c. cream, 1 tsp. flavoring. Boil cream and sugar together till makes a soft ball in cold water. Remove from stove, add flavoring and beat until thick enough to spread.

Maple Sugar Filling.—1 lb. maple sugar, $\frac{1}{2}$ c. hot water, whites of 2 eggs, 1 c. diced English walnut meats.

Break the sugar into fine bits. Place in a granite sauce pan, pour on the hot water, let it stand where it will keep hot until the sugar is dissolved. Move to the front of the stove and boil until it spins a thread. Pour slowly over the stiffly beaten whites of eggs. Add the diced walnut meats and stir until it is thick enough to spread on the cake.

Brown Sugar Filling.—2 c. brown sugar, $\frac{1}{2}$ c. boiling water, 1 c. shredded cocoanut, whites of 2 eggs.

Make a syrup of the sugar and boil until it spins a thread. Pour over the stiffly beaten whites, add the cocoanut and stir until it is thick.

Pineapple Filling.—1 can grated pineapple, $\frac{1}{2}$ box gelatin, $\frac{1}{2}$ c. sugar, juice of 1 lemon, $\frac{2}{3}$ c. water.

Soak the gelatin in the cold water $\frac{1}{2}$ hr. Add the sugar and heat until thoroughly dissolved. Strain and add the lemon juice and pineapple. Turn into a square mold so that it may be

sliced in thin slices when cool. Set in a cool place to stiffen. Make a plain boiled icing and cook rather stiff. Spread the tops of the layers of cake with the boiled icing. There should be 3 layers of cake. Over the icing on 2 of the layers place a layer of the pineapple jelly. Cover this with boiled icing, place the cake together, reserving the layer which has no pineapple for the top. This should be kept in a cool place and eaten while fresh, as it soaks after standing.

Banana Filling.—Spread plain boiled icing on the cake as in the above recipe, using layers of thinly sliced bananas instead of the pineapple jelly. Use no flavoring in the boiled icing.

Raising Filling.—Blend 1 c. of diced seeded raisins with boiled icing which is flavored with almond.

Nut Filling.—Use 1 c. chopped nuts with plain boiled icing. The icing may be flavored with almond or vanilla. If pastachio nuts are used the filling may be colored green. The Ashland cake may be baked in a sheet and iced over the top with a thick layer of boiled icing. Place hickory nut meats 2 inches apart over the top. This may be cut in squares or diamonds, each piece having a nut meat in the center.

CREAM CAKE.

3 eggs beaten to a fizz, $\frac{1}{4}$ tsp. salt, 1 c. brown sugar, $1\frac{1}{2}$ c. flour, 2 tsp. baking powder, $\frac{1}{2}$ tsp. flavoring.

Beat the eggs, add the salt and sugar, sift the baking powder with the flour and fold into the egg mixture. Bake in 2 layers in a moderate oven. When it is done remove from pans, split the layers and put together again with the following:

Filling.—2 level tbsp. corn starch, 1 c. sugar, 2 c. milk, 1 tbsp. butter, 1 beaten egg, 1 tsp. vanilla.

Melt the butter until it foams, blend in the corn starch, add 1 c. of hot milk, a little at a time, and boil 5 m. Heat the remainder of the milk in a double boiler and dissolve the sugar in this. When the corn starch mixture is done, add it to the milk, stir in the beaten egg and cook 1 m. longer, add the flavoring, remove from stove and stir until cool. It is better to prepare the filling before the cake is made.

CREAM PUFFS.

1 c. hot water, $\frac{1}{2}$ c. butter, 1 c. sifted flour, 3 eggs, $\frac{1}{8}$ tsp. salt.

Boil the water and butter together 1 m. and add the flour a little at a time, blending the mixtures into a stiff, smooth paste. Cool and beat in the eggs one at a time. Drop the batter in spoonfuls on buttered tins. Bake in a moderate oven about 25 m. These may be kept several days. When ready to use, cut open and fill with whipped cream, or:

Cream Filling.—1 c. milk, $\frac{1}{2}$ c. sugar, 1 egg, 3 tsp. flour, spk. salt.

Moisten the flour with part of the milk. Heat the remainder of the milk in a double boiler and blend the flour mixture into it. Cook 15 m. Be sure that the water in the lower part of the double boiler boils. Add the sugar and salt and cook till thoroughly dissolved. Cool slightly and add the beaten egg and 1 tsp. flavoring. Beat until cool.

MACAROONS.

$\frac{1}{2}$ lb. blanched almonds or $\frac{1}{4}$ lb. almond meal, whites of 4 eggs, $1\frac{1}{4}$ lbs. powdered sugar, 1 tbsp. pastry flour.

Pound the almonds, add the sugar a little at a time while pounding. If the meal is used this is not necessary. Add from 5 to 10 drops of almond extract. Fold in the beaten whites of the eggs and drop in spoonfuls on oiled paper. Bake in a slow oven until slightly brown.

LADY FINGERS.

6 eggs, $1\frac{1}{4}$ c. powdered sugar, 1 c. sifted flour, $\frac{1}{4}$ tsp. salt.

Flavor with lemon, vanilla or orange flower water. Beat the yolks and sugar to cream, add flavoring, fold in flour, add the whites beaten very firmly, bake in lady finger pans in a moderate oven for about 20 m.

WHITE COOKIES.

$\frac{1}{2}$ c. butter, 1 c. sugar, $\frac{1}{4}$ c. milk, 1 egg, 1 tsp. baking powder, flour to roll out, 1 tsp. vanilla.

Cream butter, add sugar. Sift the baking powder with 1 c. flour. Blend the egg and milk together and add to the butter and sugar mixture alternately with the flour. Add the flavoring and add as much more flour as is necessary. Roll thin and bake in a hot oven.

DOUGHNUTS.

1 egg, 1 c. sugar, 1 tbsp. butter, 1 c. milk, $\frac{1}{2}$ tsp. salt, 2 tsp. baking powder, 1 tsp. flavoring, flour enough to roll out.

Cream the butter, add sugar, beat eggs separately, blending the yolks with the milk. Add the salt and baking powder to 1 c. sifted flour and add this to the butter and sugar mixture alternately with the milk and egg mixture. Fold in beaten whites, roll $\frac{1}{2}$ inch thick and fry.

DOUGHNUTS.—II.

4 eggs, 2 c. sugar, 1 c. cream, 1 c. milk, 1 level tsp. cinnamon, 3 tsp. baking powder, flour to roll light lightly.

Blend the milk, cream and beaten eggs, add the sugar, cin-

namon and salt. Mix the baking powder with 1 c. flour and add. Add as much more flour as is necessary. Roll $\frac{1}{2}$ inch thick and fry in a bath of fat. These are improved if they are rolled in powdered sugar after frying.

GINGER COOKIES.

1 c. lard, 2 c. molasses, 3 eggs, 2 level tsp. soda, 2 tbsp. ginger, 1 tbsp. cinnamon, 1 tsp. salt, flour to make a stiff dough.

Mix the lard, molasses and beaten eggs with the salt and spices. Add the soda to a cup of flour and stir into other mixture. Add the remainder of the flour. Roll very thin and bake in a hot oven.

GINGER BREAD.

$\frac{1}{2}$ c. butter, $\frac{1}{2}$ c. sugar, 1 c. molasses, 1 tsp. each cinnamon, ginger and cloves, 1 tsp. soda, 1 c. boiling water, $2\frac{1}{2}$ c. flour, 2 well beaten eggs.

Cream the butter, add the sugar, pour the boiling water over the soda, and add it alternately with the flour. Add the molasses and spices. Fold in eggs last. Bake in a moderate oven.

GINGER JUMBLES.

$\frac{1}{2}$ c. sugar, brown is best, $\frac{1}{2}$ c. lard, $\frac{1}{2}$ tsp. salt, 1 c. molasses, 1 c. boiling water, $2\frac{1}{2}$ c. flour, 1 tsp. cinnamon, 1 tsp. ginger, 2 sc. tsp. soda, 2 eggs beaten separately.

Mix as in above recipe and bake in gem rings.

DESSERTS.

"Sweets to the sweet."

BREAD PUDDING.

1 pt. scalded milk, 1 tsp. butter, $\frac{2}{3}$ c. rolled bread crumbs, grated rind of 1 lemon, $\frac{1}{2}$ c. sugar, yolks of 2 eggs.

Beat the eggs until light and creamy, adding 1 tsp. milk. Blend the sugar and butter with the egg. Add lemon rind, then the milk and the crumbs. Turn into a buttered baking dish, and place in a moderate oven until it sets. Spread a meringue made from the stiffly beaten whites of the eggs and 2 tbsp. powdered sugar, over the top of the pudding. Brown in the oven.

RICE PUDDING.

2 tbsp. rice, 2 c. milk, 1 tbsp. sugar, $\frac{1}{4}$ c. diced quince preserves, spk. salt.

Place all of the ingredients in the upper part of a double boiler and cook slowly 1 hour. Turn into a baking dish and bake in a moderate oven until thick, stirring occasionally, then increase the heat and brown over the top.

APRICOT SOUFFLE.

Press $1\frac{1}{2}$ c. cooked apricots thru a strainer. Season with 1 tsp. butter, 1 tbsp. + sugar and 1 tsp. vanilla. If this is moist, place in a sauce pan and cook until quite dry and firm. Add the whites of 4 eggs, whipped very stiff and sweetened with 3 tbsp. powdered sugar. Mix the puree and meringue lightly together and turn all into a buttered pudding dish. Smooth the top into a mound shape. Sprinkle with powdered sugar and bake 20 m. in a slow oven. Serve with hard sauce or custard sauce.

Hard Sauce.—Cream 2 tbsp. butter and beat into it $\frac{1}{2}$ c. pulverized sugar. Beat until smooth and creamy. Flavor with $\frac{1}{2}$ tsp. vanilla.

Custard Sauce.—Yolks of 3 eggs, 2 tbsp. sugar, $1\frac{1}{2}$ c. milk, 1 tsp. flavoring. Heat the milk and sugar in a double boiler. Beat the yolks to a cream, add them to the milk mixture, remove to the back part of the stove and cook till thickened, stirring constantly to prevent curdling. Strain, and add the flavoring. This may be served hot or cold.

CREAM OF TAPIOCA PUDDING.

2 tbsp. pearl tapioca, 1 pt. milk, yolks of 2 eggs, $\frac{1}{3}$ c. sugar, $\frac{1}{2}$ tsp. salt, whites of 2 eggs, $\frac{1}{2}$ tsp. vanilla.

Boil the tapioca in hot water to cover until the water is absorbed. Add the milk and cook until the tapioca is transparent. Add the sugar and salt and boil 5 or 10 m. longer. Beat the yolks of eggs to a cream and add to the tapioca. Cook 2 or 3 m. on the back of the stove. Remove from the fire and fold in the stiffly beaten whites. Serve cold.

ORANGE CHARLOTTE.

$\frac{1}{2}$ box gelatine soaked in $\frac{1}{2}$ c. cold water $\frac{1}{2}$ hour. 1 c. boiling water, juice of 1 lemon, $1\frac{1}{4}$ c. sugar, 2 c. orange juice.

After the fruit juice is prepared strain lemon and orange juice together. Make a syrup of the boiling water and sugar. Add the gelatine to the syrup, strain, and add the fruit juice. Cool until slightly thickened, then fold in 1 pt. of whipped cream. Pour into a mold lined with orange sections. When it is firm turn out of the mold and serve with custard sauce.

WHIPPED CREAM.

Chill the cream thoroughly. To 1 pt. of cream add 1 tbsp. powdered sugar. Whip with a Dover egg beater or whip-churn. Stir down the froth two or three times before skimming any of it off. Take up the froth with a spoon and place it in a thin wire strainer suspended over a bowl which has been placed in a pan of ice and salt. Continue whipping and removing the froth until nearly all of the cream is gone. Thin cream whips more easily than thick, but thick cream may be thinned with milk. The bowl which contains the cream to be whipped should be kept in a pan of ice and salt while whipping.

SOFT CUSTARD.

$1\frac{1}{2}$ c. sweet milk, 2 eggs, 2 tbsp. sugar, $\frac{1}{2}$ tsp. flavoring.

Heat the milk in a double boiler. Beat the eggs to a cream and add the sugar. Blend in the hot milk a little at a time until all is added. Return to the double boiler and cook on the back of the stove at a low temperature until it is thick and creamy. Add the flavoring, beat well and serve cold. Never let custard boil.

PRUNE PUDDING (Prof. Stoner).

13 to 18 prunes. Crack the seeds and remove the nut. Chop fine both seed and pulp. Beat stiff the whites of 5 eggs, and gradually add to them $1\frac{1}{2}$ c. granulated sugar, beating briskly. Flavor with 1 tsp. almond extract. Lastly add the

chopped fruit. Turn into a buttered dish and bake in a very moderate oven 45 m. to 1 hr. Serve cold with whipped cream or custard sauce.

CHOCOLATE PUDDING.

4 tbsp. grated chocolate, 1 qt. milk, $\frac{3}{4}$ c. sugar, 2 tbsp. cornstarch, 1 tsp. vanilla, 2 eggs.

Blend the cornstarch with 1 c. of the milk, add the chocolate and cook 10 m., stirring constantly. Heat the remainder of the milk in a double boiler and blend the chocolate mixture into it. Add the sugar, and when it is thoroughly dissolved, blend in the well beaten yolks of the eggs. Add the flavoring and turn the pudding into a buttered baking dish. Add 2 tbsp. powdered sugar to the stiffly beaten whites of eggs, and spread this merange over the top of the dish. Place in a moderate oven until slightly browned. Serve cool.

PIE PASTE.

1½ c. pastry flour, $\frac{1}{8}$ tsp. baking powder, $\frac{1}{4}$ tsp. salt, $\frac{1}{2}$ c. fresh lard or butter.

Mix the dry ingredients, and cut the lard in with a knife or spoon. Add enough cold water (ice water is best) to make a soft dough. Roll thin but do not knead.

APPLE PIE.

Line a pie with paste. Pare 5 or 6 good sized sour apples,

Line a pie tin with paste. Pare 5 or 6 good sized sour apples, remove the core and cut in eighths. Place in the lined pie-tin, by standing the apple sections on end. Pour over a syrup made of 1 c. sugar, $\frac{1}{2}$ c. boiling water, 1 tsp. flour. Mix the flour with the sugar, and blend with the water. Cook until it thickens. Dot the top of the pie with 1 tsp. butter. Bake in moderate oven until the apples are done.

4 or 5 sour apples, $\frac{1}{8}$ tsp. salt, $\frac{1}{2}$ c. sugar, $\frac{1}{4}$ tsp. nutmeg, $\frac{1}{2}$ tsp. butter, 1 tsp. lemon juice.

Line a pie-tin with paste. Fill with the thinly sliced apples. Mix the sugar, salt, nutmeg, and lemon juice and sprinkle over the top of the apples. Dot the top with butter. Place on top crust which has been pricked with a sharp knife. Bake 40 to 45 m. in a moderate oven.

PUMPKIN PIE.

1 c. cooked pumpkin, $\frac{1}{4}$ c. sugar, 2 tbsp. molasses, 1 tbsp. butter, $\frac{1}{2}$ c. milk, 2 eggs, $\frac{1}{8}$ tsp. each, cinnamon and nutmeg, $\frac{1}{4}$ tsp. ginger.

Heat the pumpkin, sugar, molasses, and butter together. Add the spices, then the milk, which has been heated, and blend

in the beaten yolks of the eggs. Lastly add the stifly beaten whites and fill the crust. Bake in a moderately hot oven.

BANANA PIE.

Line a pie-tin with paste and bake. Cover the bottom and sides of the baked pie shell with sliced bananas. Pour over this a cream filling made from 1 level tbsp. cornstarch, $\frac{1}{2}$ c. sugar, 1 c. milk, yolks of 2 eggs. Mix the cornstarch with the sugar and blend with the milk. Boil 10 m., stirring constantly. Remove to the back of the stove and add the beaten yolks. Beat the whites of the eggs very stiff, and add 2 tbsp. powdered sugar. Spread this merangue over the pie. Place in a moderate oven until slightly browned. The bananas may be omitted and the recipe doubled for plain cream pie. Serve the same day they are baked.

MINCE MEAT.

1 c. finely chopped cooked meat, $1\frac{1}{2}$ c. raisins seeded and quartered, $1\frac{1}{2}$ c. currants, 3 c. chopped apples, 1 c. chopped cranberries, $1\frac{1}{2}$ c. brown sugar or 1 c. granulated sugar and $\frac{1}{3}$ c. molasses, 1 tsp. salt, 2 tsp. cinnamon, $\frac{1}{2}$ tsp. mace, $\frac{1}{2}$ tsp. powdered cloves, grated rind, and juice of 1 lemon, $\frac{1}{4}$ lb. diced citron, $2\frac{1}{2}$ c. fruit juice or sweetened and spiced vinegar.

Cook all together until the apples are done. The cranberries should be cooked before adding to the mince meat. Keep in a cool place.

ADELAIDE WILDER,
INA COWLES,
HELEN PINCOMB.

ICES.

"Seek roses in December, ice in June."

"The daintiest last, to make the end more sweet."

GENERAL RULES FOR FREEZING.

See that the freezer is in proper condition—the can and the dasher clean and adjusted—before pouring in the liquid. Crack the ice into fine pieces and mix with coarse salt, 3 parts ice to 1 of salt. Turn the crank slowly for the first few minutes. See that the drain near the top of the tub is kept open, to prevent the salt water from getting into the cream. When the mixture is thoroughly cooled, turn the crank more rapidly. Do not turn off the water. Remove the top, or cross-bar, wipe the lid, remove it and the dasher and pack the cream with a spoon, replace the lid, stop up the opening, pack with more ice and salt, and let stand in a cool place to ripen. stand in a cool place to ripen.

VANILLA ICE-CREAM.

1 qt. cream, $1\frac{1}{2}$ c. sugar, 1 tsp. vanilla.

Scald $\frac{1}{2}$ the cream in a double boiler, and when it is hot dissolve the sugar in it. Beat till cool or luke warm, then add the remainder of the cold cream and freeze according to general rules.

PEACH ICE-CREAM.

1 qt. cream, $1\frac{1}{2}$ c. sugar, 1 pt. canned peaches or 1 qt. fresh ones.

Mix as vanilla ice-cream, and freeze to a slush. Add the peaches, stirring them in with a long-handled wooden spoon, and finish freezing.

PINEAPPLE ICE-CREAM.

1 pt. grated pineapple, 2 c. sugar, juice of 1 lemon, 1 pt. cream, $\frac{1}{2}$ pt. milk.

Add the sugar and the lemon juice to the pineapple and let stand for 20 m. or 1 hour, add the milk, blend in the cream, and freeze.

COCOA ICE-CREAM.

1½ qts. milk, 1½ c. sugar, 2 eggs, 5 tbsp. cocoa.

Scald 1 pt. milk, and with it make a custard with sugar and eggs. Moisten the cocoa with cold water, and add 4 tbsp. sugar. Cook until the mixture is thick and glossy. Blend this into the custard, then blend the entire mixture into the cold milk. More sugar may be added if desired. Freeze.

Note.—Chocolate may be used instead of cocoa, thus making a chocolate cream

CARAMEL ICE-CREAM.

1 pt. cream, ½ c. sugar, 3 eggs, 5 tsp. caramel, 1 tsp. vanilla.

Beat yolks and sugar together till very light. Beat the whites until stiff and fold into this mixture. Heat the cream in a double boiler, add the egg mixture, return to the boiler and cook until thick, cool, add flavoring, and freeze.

STRAWBERRY ICE-CREAM.

1 qt. cream, 2 c. sugar, 6 c. strawberries.

Heat ½ the cream and ½ the sugar together, and the remainder of the sugar to the crushed berries. Let stand 1 hour, strain and work through a fine sieve. Rinse the pulp with ¼ c. cold water, add the remainder of the cream to the cream and sugar mixture, and freeze this to a slush, then beat in the strained fruit and finish freezing.

PLAIN ICE-CREAM.

1½ qts. cream, 1 qt. milk, 3 c. sugar, whites 4 eggs, 1 tsp. lemon flavoring and 1 of vanilla.

Heat the sugar with the milk, cool, add the cream and flavoring, pour into the freezer, when it begins to freeze around the side of the can blend in the stiffly beaten whites of the eggs.

NUT CREAM.

1 qt. cream, 1 c. sugar, 1 c. English walnuts diced fine, 1 tsp. caramel, 2 tsp. vanilla, 4 tbsp. orange juice.

Heat the sugar with ½ the cream, add the caramel, cool, mix with the rest of the cream and vanilla, pour into the freezer and freeze to a slush, add the nuts and orange juice and finish freezing.

CUSTARD ICE-CREAM.

1 pt. of milk, 1 c. sugar, ⅓ tsp. salt, 1 egg, 1 pt. cream, 1 tbsp. flour, 2 tsp. flavoring.

Heat the milk in a double boiler to the scalding point. Blend the sugar, flour and salt together with ¼ c. cold milk.

Add this to the scalded milk, and cook 20 m. at the boiling temperature. Remove to the back of the stove and blend in the beaten yolk of egg. Strain and blend with the cream and flavor. Cool and fold in the stiffly beaten white of egg. Freeze.

FRUIT ICE.

3 oranges, 3 lemons, 3 bananas, $\frac{1}{2}$ can apricots, 3 c. sugar, $\frac{3}{4}$ c. cold water.

Extract the juice from the oranges and lemons, and strain to remove seeds. Press the bananas and apricots through a coarse sieve and add to the lemon and orange juice. Add the sugar and let it stand until the sugar dissolves. Add the cold water and freeze.

MILK SHERBET.

1 qt. milk, 2 c. sugar, juice of 3 lemons.

Add the sugar to 1 c. of the milk and heat until the sugar is dissolved. Let this cool and blend in the remainder of the milk. Freeze to a slush, then add the lemon juice and freeze stiff.

1 pt. orange juice, juice of 1 lemon, 1 level tbsp. gelatin, 2 c. sugar, 1 qt. water.

Cover the gelatin with $\frac{1}{2}$ the cold water and soak $\frac{1}{2}$ hour. Boil the remainder of the water with the sugar. Peel the orange and add rind to the boiling syrup. Allow it to boil 3 m., add the gelatin, fruit juice, strain, cool, and freeze.

LEMON ICE.

1 qt. water, 1 tbsp. cornstarch, $1\frac{1}{2}$ c. sugar, the juice of 4 lemons.

Blend the cornstarch and sugar together, moisten slightly with cold water, and add to the quart of boiling water, boil 15 m. Strain and cool, then add lemon juice and freeze.

PINEAPPLE GRANITE.

2 c. grated pineapple, juice of 2 lemons (strained), 2 c. sugar, 1 qt. water.

Make syrup of water and sugar. Remove scum and strain. Add fruit and freeze according to general rules.

COFFEE FRAPPE.

1 pt. good coffee, 1 pt. rich cream, 1 c. sugar.

Caramelize half the sugar, blend it with the coffee. Beat the

cream until it is stiff, blend it with the remainder of the sugar, blend the coffee and cream, and freeze until it will barely pour. Serve in glasses.

Frappes are only partially frozen foods—coffee frappe is the typical one.

GRAPE ICE.

1 qt. grape juice, 1 pt. water, 1 level tbsp. gelatin, $1\frac{1}{2}$ c. sugar.

Cover the gelatin with 1 c. cold water and soak $\frac{1}{2}$ hour. Boil the remainder of the water with the sugar to make a syrup. Add the gelatin and stir until it is thoroughly dissolved. Strain and blend with the fruit juice. Cool and freeze.

MARY B. PRITNER,
ELIZABETH J. AGNEW.



BEVERAGES.

"Drink down all unkindness."

*"But while you have it use your breath.
There is no drinking after death."*

BREAKFAST COCOA.

6 tsp. cocoa, 6 tsp. sugar, $1\frac{1}{2}$ c. water, 3 c. heated milk.

Mix the cocoa and sugar with $\frac{1}{2}$ c. cold water. Pour over this 1 c. of boiling water and boil 10 m. Add the heated milk. Blend and serve hot.

CHOCOLATE—VIENNA STYLE.

4 tbsp. cocoa or grated chocolate, 4 tbsp. sugar, 4 tbsp. water, 1 qt. milk.

Cook the cocoa, sugar and water together until thick and glassy. If unable to stir constantly place in a double boiler. Heat the milk, and add to it the cooked chocolate. Add 1 tsp. vanilla essence. Dip and pour the mixture until there is a thick foam on top. Serve hot with whipped cream.

HOME COFFEE.

1 tbsp. ground coffee, 1 tsp. white of egg, 1 c. fresh boiling water.

Scald the coffee pot out thoroughly. Mix the ground coffee and white of egg. Place in the pot. Pour in the boiling water. Shut down the lid, and plug the spout with paper. Boil 3 m. Add $\frac{1}{4}$ c. cold water just before serving. This recipe makes 1 c. strong coffee, and may be varied for the number of cups desired.

One whole egg will clear 12 c. of coffee.

COFFEE—COLD WATER PROCESS.

Use the same proportions as in above recipe. Rinse the coffee pot out with cold water. Place the mixed coffee and egg in the pot. Pour in the cold water. Shut down the cover, plug the spout and let it stand from $\frac{1}{2}$ to 2 hours. Place on the stove and bring just to the boiling point. Add $\frac{1}{4}$ c. cold water, and serve.

FILTERED COFFEE.

Use the same proportions as for Home Coffee, but have the coffee ground to a powder. The egg is omitted. Scald the coffee pot and place it where it will keep hot. There should be a cloth strainer inside the top of the coffee pot. Place the coffee in this, and slowly pour in the boiling water. Close the lid and let it steam for 5 m. Remove the strainer containing the coffee and serve.

CAFE AU LAIT.

Use filtered coffee or pour plain coffee off the grounds into a heated coffee pot. To 1 qt. hot coffee add 3 tbsp. whipped cream or 4 tbsp. scalded milk just before serving.

TEA.

1 tsp. tea, 1 c. freshly boiled water.

Heat the teapot, which should be of earthenware. Place the tea in the teapot and pour the water over it. Remove to the back of the stove and let it stand, where it will not boil, from 1 to 3 m. Serve at once. Tea should not be permitted to stand on the leaves, as this extracts an excess of the astringent acid.

ICED TEA.

Make an infusion of tea as in the preceding recipe. Pour off of the leaves and cool. Serve with chipped ice. A slice of lemon may be added to each glass.

TEA PUNCH.

6 tsp. tea, 1 qt. freshly boiled water.

Prepare and cool as for iced tea. Extract the juice from 6 large lemons. Add 2½ c. sugar to 1 qt. of boiling water and cook until the sugar is dissolved. Add the lemon juice to this. Strain and cool. Blend this with the cold tea. Add 2 qts. more of cold water. Serve iced from a punch bowl.

FRUIT PUNCH.

6 lemons, 6 oranges, 3 or 3½ c. sugar, and enough cold water to make 1 gallon of liquid.

Squeeze the juice from the fruit, strain and add the sugar, which has been dissolved by heating with 1 pt. of the water. Add the remainder of the water and stir till thoroughly mixed. Place a block of ice in a punch bowl, pour in the punch and serve in sherbet glasses.

Note.—One can pineapple may be used in place of the oranges.

RASPBERRY SHERBET.

To 1 qt. fresh raspberries add 1 pt. cold water and cook 15 m. Strain, and add 1 c. sugar to the juice. Cool, and add the juice of 2 lemons and enough water to make 2 qts. of punch. Serve iced, as in the preceding recipe.

Note.—Strawberries or blackberries may be used in place of raspberries. A few of the fresh whole berries may be added just before serving.

KATE MANLY, '99.



MISCELLANEOUS.

PLEBIAN TOMATOES (Myrtle Mather).

1 pt. fresh tomatoes diced, 2 tbsp. minced onion, 1 level tbsp. butter, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 level tbsp. browned flour, 1 c. boiling water.

Cook the onions in the boiling water until partially transparent or for about 5 m. Add the tomatoes and cook 5 m. longer. Blend the butter and flour together and moisten with about 2 tbsp. of the tomato liquid. Stir this into the tomatoes and cook 3 m. Pour over croutons and serve at once.

Croutons are made from stale bread cut into $\frac{1}{2}$ in. cubes. Dry thoroughly and toast in the oven until light brown.

ONIONS A LA MODE (Myrtle Mather).

6 medium sized onions (white ones are best). Cook uncovered in boiling salted water until tender, but not until they begin to fall to pieces. Drain and remove the inner part and chop fine. Season with 3 tsp. butter, $\frac{1}{4}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper. Add half as much browned bread crumbs as chopped onions. Mix thoroughly and fill the cases. Place in a baking dish and into each onion put 1 tbsp. rich cream. Bake 5 m. in a hot oven. Serve at once.

BEETS WITH VINEGAR SAUCE (Myrtle Mather).

Cook young beets until tender. Remove the skin and dice. Marinate with the following dressing:

1 c. moderately strong vinegar, 1 tbsp. butter, 1 tbsp. flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, 1 tsp. sugar.

Melt the butter, add the flour and seasonings and blend thoroughly. Add the vinegar gradually and boil 10 m. This is sufficient for 2 c. diced beets.

SWEET POTATOES—SOUTHERN STYLE (Elizabeth J. Agnew '00.

Pare and cook in boiling salted water $\frac{1}{2}$ dozen good sized sweet potatoes. When tender split lengthwise, and place flat side down on the bottom of a baking dish. Add $\frac{1}{2}$ c. sugar and 2 tbsp. butter to $\frac{1}{2}$ c. hot water and pour over the potatoes. Cook in a hot oven until brown and glazed.

DUCHESS POTATOES (Elizabeth J. Agnew, '00).

4 c. cold mashed potato (Irish), 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. pepper, yolks of 2 eggs, whites of 2 eggs.

Steam the cold mashed potato until it is soft, cool to luke-warm and add the butter, seasoning and beaten yolks. Beat the mixture until very light. Shape in cones and roll in the stiffly beaten whites of eggs. Bake on a buttered tin until light brown.

CHEESE AND MACARONI (Prof. Stoner).

Wipe the macaroni with a damp cloth and break into inch pieces. Place to cook in boiling salted water, using 1 tsp. salt to 1 qt. of water. Boil until tender and drain off the water. Grate $\frac{3}{4}$ c. of cheese for 2 c. cooked macaroni. Place a layer of macaroni on the bottom of a buttered baking dish, cover with a layer of grated cheese. Fill the dish in this way, reserving a layer of macaroni for the top. Cover the top with 1 tbsp. bread crumbs that have been blended with 1 tsp. butter. Place in the oven until the crumbs brown slightly. Cheese is indigestible if heated to a very high temperature, hence this dish should not be placed in an extremely hot oven.

MACARONI AU GRATIN (Prof. Stoner).

Prepare the macaroni as in previous recipe. After draining return to the sauce pan and add 2 tsp. each butter and grated cheese for each cup of macaroni. Remove to back part of stove until the cheese is melted. Serve at once.

BAKED MACARONI (Prof. Stoner).

Prepare 2 c. macaroni as above. After draining marinate with

Tomato Sauce.— $1\frac{1}{2}$ c. liquor from canned tomatoes, 1 tbsp. butter, 1 tbsp. browned flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{8}$ tsp. white pepper or dash of cayenne, 10 drops onion juice, $\frac{1}{4}$ tsp. celery salt.

Melt the butter, blend in the flour and seasonings. Heat the tomato liquor with the onion juice and add it gradually. Boil 5 m.

Marinate the macaroni with this sauce and place in a buttered baking dish. Cover the top with 1 tbsp. crumbs that have been blended with 1 tsp. butter, and bake until nicely browned over the top.

CREAMED CHICKEN ON TOAST (Mary Waugh, '99).

Cut the toast in fancy shapes and brown slightly. Dice left over pieces of chicken as for salad. Marinate with a white sauce made from 1 tbsp. flour, 1 tbsp. butter, $\frac{1}{2}$ tsp. salt, spk. white pepper, 1 c. hot milk, 1 egg. Melt the butter until it foams,

blend in the flour and seasonings and add the hot milk slowly. Cook 10 m. Remove to the back of the stove and add the beaten egg. Cook 2 m. longer before adding to the chicken. Pour over the toast on a hot platter and garnish with parsley.

CREAMED CODFISH (Stella Stewart, '00).

In the evening pick the codfish into small bits and soak over night in cold water. In the morning drain off the water and cook the codfish slowly until tender. Use this water to make a white sauce, as in the above recipe, except that the egg is not added. This is a good breakfast dish with baked potatoes.

BROWN SAUCE FOR ROAST BEEF (Mary Bly Pritner, '99).

1 tbsp. butter, 1 tbsp. browned flour, $\frac{1}{2}$ tsp. salt, $\frac{1}{3}$ tsp. white pepper, 1 c. water or stock from meat.

Blend and cook as for white sauce. This may be served with broiled steak, or may be used in place of white sauce in mixing beef croquettes. Three tsp. Worcestershire sauce and a dash of cayenne pepper may be added for brown sauce, Spanish style.

CORN PUDDING (Mary Bly Pritner, '99).

1 can corn chopped fine, $1\frac{1}{2}$ c. milk, 1 tsp. salt, 2 tsp. sugar, 3 eggs, beaten separately, 1 tsp. butter.

Use the butter to oil the baking dish. Add the seasoning and beaten yolks to the chopped corn. Add the milk and fold in the stiffly beaten whites. Place the baking dish in a milk pan about $\frac{1}{3}$ full of hot water and bake as you would custard. If green corn is used it will take 6 large ears.

GINGER BREAD (Mrs. D. H. Otis, '94).

1 egg, $\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. molasses, $\frac{1}{3}$ c. butter, $\frac{1}{2}$ c. sour milk, 1 level tsp. soda, 1 tsp. salt, 1 tsp. ginger, 2 sc. c. flour, 1 c. raisins, 14 walnuts chopped.

Beat the eggs slightly and add the sugar, molasses, milk, and melted butter. Mix the dry ingredients together, reserving $\frac{1}{4}$ c. flour to dredge the raisins and nuts. Stir the flour and seasonings into the liquid and add the raisins and nuts. Beat well, and bake in a loaf cake-tin.

MARBLE CAKE (Mrs. D. H. Otis, '94).

Light Part.— $1\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. butter, 1 c. sweet milk, 2 tsp. baking powder, $2\frac{1}{2}$ c. flour, stiffly beaten whites of 4 eggs.

Dark Part.—1 c. molasses, $\frac{1}{3}$ c. butter, $\frac{1}{2}$ oz. melted chocolate, $\frac{1}{2}$ c. sour milk, $\frac{1}{2}$ tsp. soda, $2\frac{1}{2}$ c. flour, yolks of 4 eggs, $\frac{3}{4}$ c. raisins stoned and dredged with flour, 1 tsp. each cloves and cinnamon.

Mix the light and dark parts separately according to the

rules for cake mixing. Drop by spoonfuls into loaf cake tins so as to give the marble effect when baked.

DOUGHNUTS (Mary Waugh, '99).

3 c. flour, 2 rounding tsp. baking powder, 1 c. sugar, $\frac{1}{2}$ c. butter, 1 c. sweet milk, 2 eggs, 1 level tsp nutmeg, $\frac{3}{4}$ c. coarsely chopped nut meats dredged with flour.

Cream the butter, add the sugar. Mix the baking powder, nutmeg and flour together. Add to the butter and sugar mixture and stir until like meal. Blend the milk and beaten eggs together and add. Stir in floured nuts. Roll the dough $\frac{1}{2}$ in. thick, cut in fancy shapes and fry in hot fat. Roll in powdered sugar while hot. Keep in an earthen jar.

BROWN BREAD (Mrs. D. H. Otis, '94).

$\frac{3}{4}$ c. molasses, 2 c. sour milk, $1\frac{1}{2}$ c. flour, 1 tsp. salt, 1 tsp. soda, 2 c. corn-meal.

Mix the milk and molasses and stir in the dry ingredients, which have been blended together. Put into a buttered basin and steam 4 or 5 hours.

OAT MEAL BREAD (Clara F. Castle, '94).

2 c. water, 2 c. oat meal, $1\frac{1}{2}$ c. graham flour, $\frac{1}{2}$ c. yeast, 1 tsp. salt, 1 tbsp. molasses, 2 tbsp. butter, enough white flour to mix stiff.

At night make a mush of the salted boiling water and oat meal. When cool enough add the yeast. In the morning add the molasses, shortening, sifted graham flour and enough white flour to make stiff enough to knead. When light make into a loaf or good sized rolls. Bake in a moderate oven from $\frac{3}{4}$ to 1 hour.

GELATIN SALAD (Prudence Broquet, '00).

$\frac{1}{2}$ box gelatin, soaked in $\frac{1}{2}$ c. cold water for $\frac{1}{2}$ hr., juice of 3 lemons, 3 oranges diced, 3 bananas diced, 1 c. chopped nuts, $\frac{1}{2}$ c. powdered sugar.

Prepare the fruit and nuts. Dissolve the gelatin in 2 c. boiling water, add the sugar and cool until slightly thickened, then pour this over the fruit and nuts, which have been placed in layers in a mold or salad dish. Set away to become perfectly cold, either in ice box or in a pan of ice and salt. Serve with whipped cream or fruit sauce.

FRUIT SAUCE

$\frac{1}{3}$ c. butter, $1\frac{1}{4}$ c. powdered sugar, white of 1 egg, $1\frac{1}{2}$ c. fruit juice or syrup from canned fruit. Cream the butter, add sugar, beat until very light and creamy. Fold in the stiffly beaten white. Blend in the fruit syrup just before serving.

SCHOOL LUNCHEONS.

"To work the head, temperance must be carried into the diet."
—Beecher.

Growth of body is dependent upon food, and growth of mind is dependent upon body, so that upon the school luncheon largely depends the mental development of the child. Food used should be simple and nutritious and should be neatly prepared and in a manner to best preserve each food. Sandwiches should be made from thinly-sliced bread, and the filling should be spread evenly and to the edges. Paraffin paper is inexpensive and indispensable in putting up such foods as dry rapidly, in an appetizing manner. A basket is better than a tightly closed receptacle for carrying a lunch, as flavors of food interchange where the air does not have free access. Where luncheon is carried a number of weeks or months, as during the school year, variety is not less important than nutrition and neatness. A child will lose appetite when the diet becomes monotonous, and appetite is essential to easy digestion. As a cold luncheon every day becomes tiresome at best, great care must be exercised in this respect. With a little care on the part of the housekeeper the luncheon may be varied slightly each day. A dish that has very little food value in itself may be of infinite value in helping other food to digest. Far too many children carry to school an unvarying diet of bread and butter with sauce or meat because the matter has never received thought. Below is a list of dishes that may be used in preparing a luncheon where variety is desired:

Cereal prepared with fruit or with sugar and cream. Salads freshly prepared. Saratoga chips. Milk. Cream cakes with cream or fruit filling. Nuts removed from shell, blanched or salted. Baked apples. Rice with fruit. Rice cream. Cinnamon rolls. Tomatoes cooked. Cream of salmon. Gelatin dishes. Baked beans. Rice with cocoanut. Tapioca cream. Vienna rolls. Celery. Corn with cream. Blanc mange.

STUFFED FIGS.

Wash figs and remove stems. Fill center with almonds or English walnuts, blanched and chopped fine. To blanch nuts pour boiling water over the meats, let stand a few moments till

husk loosens, and rub off with the fingers. Steam the stuffed figs until tender.

Note.—These make an excellent dessert in the home when served with whipped cream.

SANDWICHES.

1.—Salmon. Chop fine salmon and cucumber pickle, pour over a little melted butter. Dust with salt and pepper and spread.

2.—Olive and cheese. Grate cheese and add an olive chopped very fine. Cut bread round with biscuit cutter, butter very lightly and fill with the mixture.

3.—Cottage cheese with crackers. Spread cottage cheese over a square soda cracker and press another cracker over. Cottage cheese used for sandwiches should not be very soft or the crackers will soak.

4.—Egg. To 1 hard cooked yolk of egg add $\frac{1}{8}$ tsp. salt, $\frac{1}{8}$ tsp. sugar, $\frac{1}{2}$ tsp. lemon juice, spk. pepper. Blend and spread thinly on bread.

COTTAGE CHEESE.

Remove cream from milk and set milk on back of stove where it will cook at a low temperature until whey forms. Stir occasionally to keep the curd broken up. Drain carefully. To 1 pt. of curd add $\frac{1}{2}$ tsp. salt and 2 tbsp. good cream. Mix thoroughly together. A covered jelly glass is convenient for carrying in.

FRUIT SALAD.

Soak $\frac{1}{2}$ box gelatin in $\frac{1}{2}$ cup cold water $\frac{1}{2}$ hour. Add 2 pts. lemon juice and water and if other juicy fruits are used these juices may help to make the 2 pts. Grated pineapple, sliced bananas and oranges, plums, peaches and apricots, or any combination of these that is pleasing to the taste may be added. Pour into molds and set in a cool place to harden. English walnuts blanched and chopped fine may also be added as a variation.

CANOPEES.

Press 2 Saratoga flakes together with a filling of jelly, butter, cheese, salad, or nuts with frosting. Excellent with luncheon.

FUDGE.

2 c. sugar, 2 tbsp. chocolate, $\frac{1}{4}$ c. milk, $\frac{1}{2}$ tsp. vanilla.

Heat milk and sugar and blend in chocolate. Boil 5 m. Remove from fire, beat in vanilla, pour onto buttered plate. Mark in 2 in. squares.

MARY WAUGH.

FAVORITE RECIPES.

From K. S. A. C. Graduates and Former Students.

"It is the bounty of nature that we live; but of philosophy that we live well."

PRUNE SOUFFLE.

Soak 1 lb. prunes 24 hrs. Cook slowly till soft. Rub through coarse sieve and add 1 c. sugar and 1 tsp. vanilla. Fold into the stiffly beaten whites of 6 eggs and bake in buttered pan for 1 hr. Eat while warm with whipped cream.

BAKED HAM.

Wash a 12 lb. ham. Cook in water to cover for 3 hrs. Skin off outside. Stick a few cloves in the fat, cover with sugar and bake slowly 2 hrs. Use hot or cold.

Mrs. Nellie Sawyer Keilzic, Professor of Domestic Science, Bradley Polytechnic Institute.

ENTIRE WHEAT FLOUR BREAD.

2 c. scalded milk, $\frac{1}{4}$ c. sugar or $\frac{1}{8}$ c. molasses. 1 tsp. salt, 1 cake compressed yeast dissolved in $\frac{1}{4}$ c. luke-warm water, $3\frac{1}{4}$ c. entire wheat flour, $2\frac{1}{2}$ c. white flour.

Add sweetening and salt to milk, cool, and when luke-warm add dissolved yeast cake and flour; knead well and let rise to double its bulk. Knead again slightly and shape into loaves. Handle quickly to prevent sticking to the board.

TURKISH SOUP.

Boil $\frac{1}{2}$ c. barley in 1 c. water in double boiler until very soft. Press through a sieve and add to 1 qt. veal stock and boil 5 m. Beat yolks of 2 eggs till very light and mix with them $\frac{1}{4}$ c. cream. Add this to the stock and barley, let become hot but not boil. Add salt and pepper to taste and serve hot.

MUFFINS.

2 c. graham flour, 1 tsp. salt, 2 tsp. sugar, 2 eggs beaten

separately, 1 c. milk, 2 tbsp. melted butter, 4 level tsp. baking powder.

Mix dry ingredients, add milk and yolks, then butter, then whites of eggs. Bake in hot oven.

Miss Maude Gardiner, Professor of Domestic Economy, Oklahoma Agricultural College.

MEXICAN EGGS.

1 qt. tomatoes, 1 small onion chopped fine, $\frac{1}{2}$ lb. butter, 7 eggs, 1 level tbsp. sifted paprika, 1 level tbsp. salt.

Cook the first 3 ingredients in a double boiler or water bath of chafing dish $\frac{1}{2}$ hr. Beat or stir till tomatoes are finely divided. Beat the eggs with paprika and salt till well mixed but not frothy. Slowly add the hot tomato. Return the mixture to the double boiler or chafing dish and again heat, stirring constantly till the mixture thickens. Serve on warm crackers.

Miss Abby L. Marlatt, Teacher of Domestic Science, Manual Training School, Providence, R. I.

GINGER SNAPS.

1 c. lard, 1 c. molasses, 1 rounding tbsp. soda, 1 rounding tbsp. ginger, $\frac{1}{2}$ tsp. salt, flour for stiff dough.

Beat the lard and molasses till light and foamy. Add the ginger and salt with a little of the flour. Dissolve the soda in 2 tbsp. hot water, add to the batter, then add remainder of flour. Roll very thin, cut and bake in moderate oven.

STEAMED BROWN BREAD.

1 c. corn meal, 2 c. graham flour, 1 tsp. soda, 1 tsp. salt, 1 c. molasses, 1 c. sweet cream, 1 c. butter milk, 2 c. flour.

Mix corn meal, graham flour, and salt. add molasses. then cream and butter milk and last the soda, dissolve in sweet milk. Steam 3 hrs., then put into hot oven 15 m. to dry off.

FLAKE CAKE.

$\frac{1}{2}$ c. sugar, $\frac{1}{2}$ c. butter, $\frac{1}{2}$ c. molasses, 2 c. flour, $\frac{1}{2}$ c. sour milk, 1 hp. tsp. soda, 2 tsp. spices, cinnamon, nutmeg, cloves, yolks 3 eggs, whites 2 eggs.

Cream butter and sugar, add molasses and yolks of eggs beaten light. Then add a little of the flour mixed with the spices. Alternate flour and sour milk until all are used. Then put in soda dissolved in a little hot water. Beat well and add

the well beaten whites of the eggs. Bake in 2 layers and put together with boiled icing, using the remaining white of egg.

Miss Laura G. Day, Director Domestic Arts Department, Stout Manual Training School, Menominee, Wis.

FRUIT CAKE.

$\frac{1}{2}$ lb. sugar, $\frac{1}{2}$ lb. butter, $\frac{1}{2}$ lb. flour, $\frac{1}{2}$ tsp. soda, 6 eggs, $\frac{1}{4}$ c. warm water, $1\frac{1}{2}$ lbs. cocoanut, $\frac{1}{2}$ lb. citron, 2 lbs. raisins seeded, $\frac{3}{4}$ lb. figs, $\frac{1}{8}$ tsp. salt, 1 lb. blanched almonds, 1 orange chopped fine, 1 tsp. cloves, 1 tsp. cinnamon, 1 tsp. nutmeg, 1 tsp. mace.

Beat sugar and butter to a cream, add beaten yolks of eggs, then the fruit, spices and nuts. Add the flour mixed with the soda, lastly the whites of eggs beaten stiff. This makes a very stiff dough, enough for a large sized cake.

Miss Bertha J. Spohr, Assistant in Domestic Science, Bradley Polytechnic, Peoria, Ill

SPONGE DROPS.

5 eggs beaten separately, 1c. powdered sugar, 1 c. sifted pastry flour, $\frac{1}{2}$ c. finely chopped nuts, 1 tsp. almond flavoring, $\frac{1}{2}$ tsp. salt.

Beat yolks with sugar, salt, flavoring and nuts. Cut in whites and sift on flour by degrees. Put through pastry bag on to baking sheet and bake, but not brown, in moderate oven. Fasten these together with whipped cream, sprinkle with powdered sugar and serve with cocoa.

Miss Grace J. Stokes, Professor Domestic Economy. Berea College, Berea, Kentucky.

BEST GINGER DROPS.

$\frac{1}{2}$ c. sugar, 1 c. molasses, $\frac{1}{2}$ c. butter, $2\frac{1}{2}$ c. flour, 1 c. water, 2 eggs, 1 tsp. cinnamon, 1 tsp. ginger, 1 tsp. cloves, 1 tsp. soda.

Cream the butter, add the sugar and spice, blend in the molasses. Put the tsp. of soda into the c. of boiling water, and add this to the other mixture. Add the flour, beat the eggs to a cream and add them last. Bake in gem-tins or in a loaf. This may be served with a pudding sauce for dessert.

Miss Clara F. Castle.

NUT SALAD.

2 lbs. English walnuts (before the shell is removed), 4 medium sized bunches of celery, 1 c. mayonnaise dressing, 1 c. rich sweet cream.

Cut the nut kernels with a knife into pieces about the size of peas. Cut the celery into fine bits, whip the cream and blend it with the mayonnaise dressing. Chill all of the ingredients. Just before serving mix the nuts and celery, and marinate with the dressing. This quantity will serve 15 people.

Mrs. Lydia G. Willard.

POTATO SALAD.

Cut potatoes into slices or $\frac{1}{4}$ in. cubes. Add 1 tsp. of minced onion or 4 or 5 drops of onion juice for each c. of potatoes. Chill and marinate with the following dressing:

Dressing.—1 tsp. salt, $\frac{1}{2}$ tsp. mustard, spk. Chilli pepper, 1 tsp. sugar, 1 egg, $\frac{1}{2}$ c. milk, 1 tsp. butter, $\frac{1}{4}$ c. vinegar.

Make a sauce of the vinegar and seasonings. Heat the milk in a double boiler, add the beaten egg to the milk, and blend into the hot vinegar sauce. Stir until it is slightly thickened. Add the butter and strain. Chill and serve.

Miss Anna L. Streeter.

CREAM OF OYSTER SOUP.

1 pt. of oysters, 1 qt. milk, 1 c. hot water, 1 tbsp. butter, 1 tsp. salt, $\frac{1}{8}$ tsp. white pepper, 1 tbsp. flour.

Melt the butter, to it add the flour and seasonings, add the hot water a little at a time, and boil 10 m. Blend this into the milk, which has been heated in a double boiler. Clarify the liquor from the oysters, and add to the milk. Cook the oysters in an omelet pan until the edges curl. Place the oysters into heated individual serving dishes, pour over them the hot liquid and serve at once with crisp crackers, or sippets.

Myrtle Mather.

ENGLISH WALNUT SPONGE CAKE.

3 large eggs, $\frac{1}{2}$ c. powdered sugar, spk. salt, $\frac{1}{2}$ tsp. lemon juice, $\frac{1}{2}$ tsp. lemon extract, $\frac{1}{2}$ c. pastry flour, $\frac{1}{2}$ c. English walnuts diced fine, 16 whole meats for top.

Separate whites and yolks. Beat yolks to a cream and whites until stiff. Blend the dry ingredients and nuts together, and blend with yolk and lemon juice and extract. Fold in the

whites. Pour batter into cake tin and bake in moderate oven. Ice with boiled icing and decorate with nuts. Serve the day it is baked.

Mary Bly Pritner, Assistant in Domestic Science, Kansas State Agricultural College.

CHICKEN SALAD WITH NUTS.

Remove all skin, bone, fat, and gristle from cooked chicken. Cut meat into small dice. For 4 c. meat use 2 c. finely diced nuts—almonds, English walnuts, pecans, Brazil nuts, any one or a mixture of all may be used. Blend chicken and nuts, add $\frac{1}{2}$ tsp. celery salt, $1\frac{1}{2}$ level tsp. salt, dash cayenne pepper, 2 tbsp. lemon juice and allow to stand for 20 m. to 2 hrs. Mix with a dressing made as follows:

Dressing.—Yolks of 5 eggs, 5 tbsp. vinegar, 1 tsp. mustard, $\frac{1}{4}$ tsp. white pepper, $\frac{1}{8}$ tsp. celery salt, 1 level tsp. salt, 1 tbsp. butter.

Heat seasonings in the vinegar, blend in the beaten yolks, cook in double boiler until thick, strain, add butter and chill. This makes a thick dressing. Thin before using, with whipped cream.

Note.—If chicken has been cooked in salted water, add only $\frac{1}{4}$ tsp. salt, to the chicken and nut mixture.

Elizabeth J. Agnew, Assistant in Domestic Science, Kansas State Agricultural College.

SALMON LOAF.

1 can salmon (cut fine), 3 eggs beaten to a cream, 1 c. bread crumbs, 4 tbsp. melted butter, 4 tbsp. milk, 1 tsp. salt, $\frac{1}{8}$ tsp. pepper.

Mix fish and crumbs, mix eggs, milk and seasonings, blend all and add the butter. Steam in buttered molds $1\frac{1}{2}$ hrs. Serve with the following sauce:

Sauce.—1 c. milk, 1 tbsp. flour, 1 tbsp. butter, liquor of salmon, 1 tsp. of ketchup, 1 egg slightly beaten and parsley added last.

Blend flour and butter, stir into hot milk, cook for 10 m., stir in the egg, allow to cook for 1 m. Turn the loaf out of the mold, pour sauce over and around it, and serve.

Mrs. D. H. Otis.

GINGER SNAPS.

1 c. butter, 1 c. sugar, 1 c. molasses, $\frac{1}{3}$ c. vinegar, 1 egg, 1 tbsp. ginger, 1 tsp. salt, 1 tsp. soda.

Cream butter and sugar, add the egg well beaten, the salt and ginger. Dissolve soda in vinegar, add it to the molasses, stir into butter and sugar and beat well. Flour enough to roll out. Roll thin and bake in a hot oven.

May Secrest, Assistant in Domestic Art, K. S. A. C.

MINCE MEAT.

1 beef heart cooked with 1 lb. of suet, 4 lbs. meat, 10 lbs. of apples chopped fine, 1 tsp. salt, pepper, 3 pts. boiled cider or molasses and vinegar, 5 tsp. cloves, 10 tsp. cassia, 1 lb. chopped raisins, 1 lb. currants, $\frac{1}{8}$ lb. of citron chopped fine.

Wash, quarter and chop fine the apples without paring. Boil the apples in the liquid in which the meat was cooked. When they are thoroughly cooked, blend in the chopped meat and seasonings. Cook this all together. Put away in covered stone jars. When making into pies add raisins and nutmeg to each pie.

Adelaide Francis Wilder, B. S., '98, M. S. '00.

DEFINITIONS.

OMELET PAN is a sheet iron pan differing from a skillet in that it has a long handle, sloping sides and is lighter in weight.

SIPPETS are pieces of bread cut $\frac{1}{2}$ in. wide, $\frac{1}{2}$ in. thick, and 4 in. long, dried in the oven and toasted.

CROUTONS are $\frac{1}{2}$ in. cubes of bread dried and toasted in the oven.

MARINATE is to lift diced meat or vegetables with two forks, thus permitting a sauce or dressing to permeate all parts.

BLEND is to stir with the bowl of the spoon on the bottom of the dish.

BREAD FLOUR is made from hard winter wheat and contains much gluten. It has a granular feel when rubbed between the fingers.

PASTRY FLOUR is especially prepared for pies, cakes, baking powder mixtures, etc. It has less gluten and has a soft, velvety feel when rubbed between the fingers.

CARAMELIZE is to brown. Caramelized sugar is melted by itself until brown. Beef stock may be cooked down until it becomes a thick, brown mass and is added to soups as caramel flavoring.

TRUSS is to bend down and fasten with a small rod or skewer the limbs and wings of a dressed fowl.

SKEWER is the metal or wooden rod used for trussing fowls or skewering meat. To skewer meat is to shape it for baking.

SAUTE is to brown in a little hot fat, commonly called frying.

FRYING is to cook in a bath of smoking hot fat.

ROUNDING SPOONFUL is as much above the level of the spoon as the depth of the bowl.

LEVEL SPOONFUL is even with the top of the spoon.

RULES FOR MEASURING.

Flour, sugar, rice, cornstarch, meals of any kind, butter, drippings, lard, baking powder, currants, raisins and the nut seasonings and shortenings, are measured by the rounding spoonful, whether tablespoon or teaspoon.

Salt, pepper, spices, seasonings of any kind, soda and cream of tartar are measured level.

A cupful means a level measure. Fractions of cupfuls are measured level. A scant cup is filled to within $\frac{1}{4}$ in. of the top of the cup; $\frac{1}{2}$ spoonful is lengthwise through the spoon through the center; $\frac{1}{4}$ is the $\frac{1}{2}$ divided in cross section through the center.

A spoonful of melted butter is measured after melting. A spoonful of butter melted is measured before melting.

A speck is all that remains on the tip of the spoon, holding the spoon in a vertical position.

TABLE OF ABBREVIATIONS.

tblsp.—tablespoon.
tsp.—teaspoon.
ssp.—salt spoon.
spk.—speck.
hp.—heaping.
m.—minute.
hr.—hour.
pt.—pint.
qt.—quart.
oz.—ounce.
lb.—pound.
c.—cup.
sc.—scant cup.

TABLE OF EQUIVALENTS.

3 tsp.=1 tblsp.
4 tblsp.= $\frac{1}{4}$ c.= $\frac{1}{2}$ gill.
2 gills=1 c.
2 c.=1 pint.
2 pt.=1 qt.
4 qt.=1 gallon.
2 gal.=1 pk.
4 c. of flour=1 lb.
2 c. solid butter=1 lb.
2 c. granulated sugar=1 lb.
3 c. corn-meal=1 lb.
2 c. solid meat=1 lb.
1 tblsp. liquid= $\frac{1}{2}$ oz.
1 hp. tblsp. butter=2 oz.
1 hp. tblsp. flour=1 oz.
1 hp. tblsp. sugar=1 oz.

Boston School Kitchen Text Book.—Mrs. D. A. Lincoln.



With a KansasKook Book you can make
All things good, from bread to Kake,
If you doubt it, just you buy it,
And you will believe it when you try it.

The editors wish to acknowledge helpful suggestions received from the lectures of leading Domestic Science teachers, in compiling general rules.

The recipes are edited from lectures and lessons given in class work, by Prof. Minnie A. Stoner.

CONTENTS.

	PAGE
Cereals.....	19
Vegetables.....	21
Eggs.....	26
Meats.....	29
Fish and Oysters.....	33
Soups.....	38
Salads.....	41
Yeast Breads.....	44
Baking Powder Mixtures.....	47
Cakes.....	51
Desserts.....	59
Ices.....	63
Beverages.....	67
Miscellaneous.....	70
School Luncheons.....	74
Favorite Recipes.....	76
Definitions.....	82
Rules for Measuring.....	83
Table of Abbreviations.....	84
Table of Equivalents.....	84

